

THE END OF KOREA

A JOURNEY TO THREE OF KOREA'S SOUTHERNMOST ISLANDS: MARADO, UDO AND JEJU

Groove is Korea's English magazine. Find out what's new, what's news and what there is to do.

GROOVE

KOREA • Issue 79 / May 2013

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WHAT'S IN A CARE PACKAGE?

CARE PACKAGES TO KOREA ARE AS DIVERSE AS THE EXPATS WHO LIVE HERE. FROM REECE'S PEANUT BUTTER CUPS TO POLISH SAUSAGES — ANYTHING GOES

THE BATTLE OF THE BULGE

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- HBC FEST IN SEOUL'S MULTICULTURAL NEIGHBORHOOD. (MAY 24, 25)
- CAMARTA ENSEMBLE PREPARES A CHORAL MASTERPIECE. (MAY 11)
- 'MEDEA' WILL BE PERFORMED AT WHITE BOX THEATRE. (MAY 10, 11, 12)

ROCK 'N' ROLL BEFORE CURFEW

ONE SOLDIER'S TRANSITION FROM BASE HERMIT TO HARD-ROCKING FRONTMAN

30 FESTIVALS FOR MAY

2013 DREAM CONCERT @ WORLD CUP STADIUM, METAL FEST @ OLYMPIC PARK, WORLD DJ FESTIVAL @ NARUKKE FESTIVAL PARK AND SO MUCH MORE

GET IN SHAPE FOR SUMMER

WARNING: CIRCUIT TRAINING'S SIDE EFFECTS INCLUDE HOT BODIES AND WEIGHT LOSS.

GOT TALENT?

AUDITIONS FOR KOREA'S FIRST MULTICULTURAL TALENT COMPETITION START ON JUNE 29. WE MET THE JUDGES TO TALK ABOUT WHAT IT WILL TAKE TO WIN IT ALL.

MOONASSI DRAWING ON LONELINESS

GROOVE KOREA SAT DOWN WITH DAEHYUN KIM, AKA MOONASSI, ONE OF KOREA'S RISING STARS IN THE WORLD OF ART.

JASMINE LEE ON WHY KOREA MUST EMBRACE

MULTICULTURALISM

GROOVE KOREA SAT DOWN WITH REP. LEE IN HER OFFICE AT THE NATIONAL ASSEMBLY TO TALK ABOUT DEFINING MULTICULTURALISM IN THE KOREAN CONTEXT, INTEGRATING MULTIETHNIC FAMILIES INTO SOCIETY, PASSING AN ANTIRACISM LAW AND SETTING UP A "CONTROL TOWER" TO IMPLEMENT INTER-AGENCY POLICIES.

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MEDIA MADNESS

PHEW, THAT WAS A CLOSE ONE. OR WAS IT?

EDITORIAL

Have something to say?
mattlamers@groovekorea.com

● One month ago, North Korean dictator Kim Jong-un brought the planet to the brink of nuclear war. At least, that's what many leading news organizations led us to believe. The truth is that we were no closer to nuclear war in April than we were in March. The sensationalist and, at times, incorrect reporting posed a far greater danger to peace in East Asia than the possibility of a preemptive nuclear strike from North Korea ever did.

Pyongyang's colorful rhetoric lured journalists to Seoul from North America, Europe, the Middle East and elsewhere. Much of their efforts consisted of relaying reports from the Korean Central News Agency to eyes and ears around the world. In doing so, they acted as little more than middlemen for Pyongyang's well-tuned propaganda machine.

Such was the case on April 9, when headlines such as "North Korea warns of imminent nuclear war" were splashed across front pages. It was a falsehood. The peninsula was never on the brink of a nuclear war — far from it. Pyongyang's hyperbole was not appropriate for headlines, nor was it representative of the reality of the situation.

The New York Times lent its space to a loon from Texas who called for the bombing of North Korea "before it's too late." This professor from the University of Texas, Austin, was evidently spooked that his great city was one of several marked for a preemptive attack. Such a strike by North Korea, however, was an impossibility. Furthermore, the professor's statement that Washington's "limited defensive strike" "poses no threat to civilians" is both incorrect and careless. Millions would perish in the full-scale war that such a move would ignite. The Times should more carefully consider the incorrect opinions it disseminates.

Americans weren't the only ones losing their collective minds over North Korea's big words. The Daily Mail, the second-most read rag in the U.K., had this as their top headline on April 11: "North Korean killers in heels: Female soldiers spotted patrolling border as madman warns world he has powerful striking means." It is not only a mouthful, it is incorrect. The women were clearly theater for foreign reporters and editors, who evidently took the bait. There was simply no reason to believe that the women were "killers."

A snapshot of U.K. media on April 11 came up with the following headlines: "North Korea inputs target coordinates into warheads" (The Telegraph), "North Korea: War could break out any minute" (Metro), "Iranians invent top secret time machine, and you were worried about North Korea" (The Sun) and "North Korea warns U.S. and South they are unaware of what miserable fate awaits them" (Express). Together, these five media organizations reached some 6.7 million readers that day and their headlines ranged from hyperbole and incorrect to complete fiction.

With reporting like this, the average non-Korean could be forgiven for living in fear of North Korea's puny and grounded nuclear arsenal (which likely consists of fewer than 10 plutonium bombs) and handful of ICBMs (which likely don't even work).

Is it possible that North Korea did not launch any of its missiles in April because of the relatively high probability they would fail, embarrassing the young dictator as the whole world watched? If that's the case, then don't be surprised if Pyongyang conducts a number of missile tests in May, when attention isn't as focused as it was one month earlier.

North Korea does not possess an intercontinental ballistic missile that can be relied upon to hit even the Pacific Ocean — a massive target — let alone the tiny American colony of Guam or any particular American city, be it Houston, Texas, or Washington, D.C. Only one of its last five "satellite" and long-range missile tests since 1998 can be considered a true success.

In fact, the only country remotely at risk of North Korea's limited nuclear capabilities is South Korea, and even that is so far-fetched that most Southerners barely batted an eye after Pyongyang's barrage of rhetorical bullshit last month. Short of lobbing one over the fence into Paju from a catapult, Pyongyang, in all likelihood, does not possess the technology to place a nuclear warhead onto a missile. Nor does it have in its arsenal a reliable long-range missile, for that matter.

One correspondent told us: "I'll be here until Friday, unless war breaks out." Lo and behold, he has returned to the U.K.

GROOVE

HOT ON: WWW.GROOVEKOREA.COM

Music & Arts

On Jeju, a haven for rock 'n' roll

Nestled next to a love motel in Jeju's bustling City Hall district — an area packed with cars, bars and neon lights — and up a dingy flight of stairs, is the Factory. It's easy to miss the Warhol banana that marks the entrance, but attracting foot traffic is beside the point. The Factory's clientele come by word of mouth, welcomed into a loyal circle and greeted by Oh Myoung-ae, the pleasantly enigmatic owner sitting behind the dark bar. The Factory immediately feels familiar, with its L-shaped countertop at the back of the room, tables scattered throughout and stage with a large screen. There's a comfortable level of seediness to the place and its dark walls are painted with inspirational quotes.

Story by Timothy Cushing

Read it online in May
or in print in June.

Food & Drink

Feel inspired at Café Evansville

Café Evansville isn't just another café. Nestled away on a corner of side alley streets in Hongdae, it's a chic and charming place that offers some of life's best pleasures.

It's a latte and a slice of strawberry-topped cheesecake with a view. It's a cold handcrafted beer under an umbrella out on a rooftop patio. It's an evening of good conversation, a good bottle of red wine and a plate of fresh fruit and cheese. It's a date with your laptop and a good cup of coffee with a spoonful of reflection.

It's a place to meet with friends and feel inspired.

Story by Kristin Mahshie

Read it online in May
or in print in June.

Penélope Cruz, Palacio Marqués de Villafranca
Madrid, November 2012



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KOREAN DVD CORNER

"The Traffickers" (공모자들), "Howling" (하울링)

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WHAT'S IN A CARE PACKAGE?

Sometimes it's a necessity, like a bra, and other times it's a taste from home, like Brazilian goiabada. Care packages to Korea are as varied as the expats who live here: From Reese's Peanut Butter Cups and Indian chapatti to Polish sausages — anything goes.



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Searching for meaning in a divided land.

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THE END OF KOREA

Marado, the southernmost point in Korea, carries an end-of-the-world air, a lonely place where people can go to be forgotten. Step onto Udo and into another era. This tiny island of 2,000 residents is what Jeju was like long before budget airlines brought in vacationers by the millions.



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Korean artist and illustrator Daehyun Kim, aka Moonassi, is an artist on the rise. Despite his incredibly quiet and humble manner, he carries himself with confidence when discussing his work — and so he should. Groove Korea sat down with him to talk about his career.



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Vivienne
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Editor-in-chief

Matthew Lamers
mattlamers@groovekorea.com

CFO

Steve Seung-Jin Lee
steve.lee@groovekorea.com

EDITORIAL

Travel & Food Editor

Josh Foreman
joshforeman@groovekorea.com

Community Editor

Jenny Na
jenny@groovekorea.com

Insight Editor

Matthew Lamers
mattlamers@groovekorea.com

Associate Editor

Elaine Ramirez
elaine@groovekorea.com

Editor-at-large

John M. Rodgers
jmrseoul@gmail.com

Editor-at-large

John Burton
johnburton3@gmail.com

Copy Editors

**Jaime Stief, Robyn Durdy, Lee Price,
Doria Garms, Albert Kim, Kevin Lee Selzer**

ART & DESIGN

Art Director

Daniel Sanchez
daniel@groovekorea.com

Design

Cynthia Fernandez
cynthia@groovemediaco.co.kr

MARKETING & ADMINISTRATION

Marketing Executive

Jay Park
jpark@groovemediaco.co.kr

Manager

Peter Chong
yschong@groovekorea.com

Assistant Manager

Jihye Hong
jh@groovemediaco.co.kr

Accounting

Choi Hye-won

Web & IT

Dan Himes
dan@groovekorea.com

WRITERS, PROOFREADERS

Daniel Kang, Bruce Harrison, Liam Mitchinson, Emma Juno Sparkes, Shelly DeWees, Dave Hazzan, Conor O'Reilly, Kristin Mahshie, Tom Godfrey, Trevor Van Dyke, Cara Theart, Sophie Boladeras, Timothy Cushing, Holly Hamilton, Daniel Tudor, Ian Henderson, Ian McClellan, Emre Kanik, Anna Schlotjes, Malvina Odobny, Belle Nachmann, Ara Cho, Elaine Knight, Dean Crawford, Rajnesh Sharma, Sabrina Hill, Walter Stucke, Mishka Grobler, Wilfred Lee, Michelle Peralta, Anna Sebel, Yvonne Sewell

PHOTOGRAPHERS, ILLUSTRATORS

James Little, Colin Roohan, David Smeaton, Mike Hurt, Dustin Cole, Peter DeMarco, Colin Dabbs, Jan Waeben, Kevin Kilgore, James Kim, Craig Stuart, Dylan Goldby, Romin Lee Johnson, Nick Barone, Jen Lee, Larry Rodney

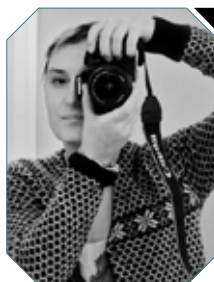
Publisher

Sean Choi
sean@groovekorea.com

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Connecting Communities

Introducing some of the editors,
writers and photographers behind May's issue.



Belle Nachmann

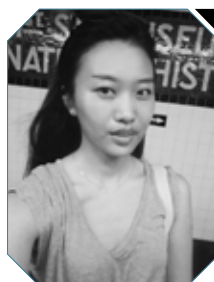
Australia

Belle Nachmann is a photography enthusiast from Melbourne, Australia, where she was working for the federal government as a fraud investigator. When she got bored of being a suit in the corporate world she decided to come teach kids in Korea. She is also working on launching her own travel/photography website. Belle contributed "Bargain hunter's bliss: Scouring Seoul's 6 best flea markets" to this month's issue.

Daniel Tudor

U.K.

Daniel Tudor is The Economist's Korea correspondent. He writes for a number of other publications, including a column in the JoongAng Sunday. Recently he released his first book, "Korea: The Impossible Country." Daniel is from Stalybridge, a small town near Manchester, England (since everyone asks, United, not City). In his spare time he enjoys playing guitar and bass. He is a Groove Korea columnist.



Hong Ji-hye

Korea

Before joining Groove Korea, Hong Ji-hye worked as a fashion reporter at an online business newspaper. She studied for a year in Canada and graduated from Dankook University in Seoul. When she's not in the office, she likes to read and while away her days at cafés. Ji-hye is Groove Korea's fashion and shopping editor.

Cynthia Fernandez

Mexico

Cynthia Fernandez is a recent graduate of Kookmin University's College of Design. She also holds degrees from the National School of Arts and the Academy of Fine Arts San Carlos, both in Mexico City. She is fluent in Korean, French, English and Spanish. Cynthia contributed illustrations for the columns in the Insight section this month.



Elaine Ramirez

U.S.

Elaine Ramirez tends to go wherever the wind carries her, and the most recent gust has swept her to Korea. After a stint in New York and Chile, the California native now works as an editor in Seoul. When not editing for Groove or her newspaper, she's off riding her motorbike along the Han, exploring the far corners of the peninsula, or sleeping. Elaine is Groove Korea's associate editor.

Groove's Inbox

RE: IS KOREA'S EFL EDUCATION FAILING? (MARCH ISSUE)

Thank you for a suggestion that deserves consideration. As a first-year native English teacher I can say that I honestly did not feel qualified when I began teaching immediately after receiving my bachelor's degree. Seven months later, I feel as if I'm hitting my stride, but I'm sure that there are perfectly fluent teachers from Singapore or India with far more experience waiting to take my position for less money than I receive. Furthermore, a "native" English speaker is often poorly equipped to explain grammar as we've simply spoken it our entire lives. Asking the average American to explain the conditional tense is like asking a fish to explain water. Being surrounded by something doesn't equate to understanding it. Luckily my copy-editing experience has given me a better handle on grammar than some, but it certainly hasn't prepared me to explain it to a bouncy Korean child who insists on jamming an eraser in his nose. I've gained a lot of appreciation for my elementary-education-major friends.

I'd like to add an additional point to some of the ones you've made. The No. 1 obstacle to Korean children learning English, from what I've observed, is Korea's consumer culture. Korea's retailers offer some of the best customer service and most generous warranties I've ever seen. The problem arises when education is treated as a commodity. Korean parents approach their child's English as consummate consumers. The business nature of English education means that the management of a private academy requires the teachers to capitulate to parental demands, no matter how counterproductive. In many cases, the parents don't speak English themselves and have no idea whether their child is improving, apart from grades. Understandably, with no real oversight, teachers are often pressured to inflate or even fabricate grades in order to satisfy the consumer. After all, if customer satisfaction is the goal, a "good" teacher is simply the one who has appeased the most parents.

Of course my perspective comes from work in the private sector, and your article focuses mainly on government spending and programs. However, these account for a majority of English education in the country — education which is admittedly failing. I love Korea, but ultimately I'm just passing through. If I remain here, it will be in a different career. This job is not essential to me, and I hope that Koreans find more effective ways to learn English than the service native English teachers like myself provide. Thank you again for helping start a dialogue on the topic.

— Tony Levero

RE: DEAR KOREA: I STILL DON'T HAVE AIDS (APRIL ISSUE)

I understand that Korean parents want to keep their kids "safe," but testing for a blood-transmitted-only disease is not a good use of resources. I don't know what goes on in Korean classes, but we're not chuckin' syringes around or having students do MMA wrestling.

There are nastier diseases to worry about: TB, Ebola Marburg, SARS, H1N1, Crypto (which is why bathrooms need soap), Alien Hand Syndrome (see "Evil Dead 2"), and Netizen Madness Syndrome (NMS).

I find it amusing that E-6 and E-9 visa holders don't have to take the HIV test anymore, but E-2 visa holders still do, even though we're not working as nurses.

— Steve Alexander-Larkin

Each year I must subject myself to HIV testing. I have no problem in looking after my health (yearly HIV-free certificates are relieving), but disrespect lies within the discriminatory reasons behind it. If all teachers, including Koreans, had to equally subject themselves to testing, I would feel otherwise.

— Jose Noe Alonzo

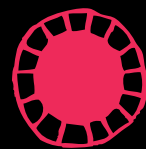
HIV/AIDS testing should be done under the discretion of the schools rather than government. Putting the children's safety first is more important. If the school pays for the HIV/AIDS testing, then allow them. Same with the government, since you are pretty much working under not just the protection of your own country but of Korea's, too. Or give some kind of stipend before the contract or reimbursement when the contract is complete.

— Lori Michael

by HAND

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Must Reads

MOONASSI: DRAWING ON LONELINESS

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Korean artist and illustrator Daehyun Kim, aka Moonassi, is an artist on the rise. Despite his incredibly quiet and humble manner, he carries himself with confidence when discussing his work, and so he should. His work has caught the eye of The New York Times, which asked him to contribute two illustrations earlier this year.



THE END OF KOREA

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Marado, the southernmost point in Korea, carries an end-of-the-world air, a lonely place where people can go to be forgotten. Step onto Udo and into another era. This tiny island of 2,000 residents is what Jeju was like long before budget airlines started delivering vacationers by the hundreds of thousands.



SEOUL'S SIX BEST FLEA MARKETS

Page 38

In an electronics market in Dongdaemun, we find ourselves thrust into old, red-faced stallholders in a makgeolli tent. This is just one of the many things that can happen in Seoul's traditional and flea markets. Beyond great shopping bargains, the sights, sounds, smells and tastes are infinite. Here are six of Seoul's coolest flea markets.



ARTIST'S JOURNEY: REGGAE SINGER JOSHROY

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Since arriving in Korea in 2006, renowned reggae artist JoshRoy has performed his original fusion reggae music up and down the Korean Peninsula. Born in Uganda into a musical family, he has collaborated with artists both in Korea and abroad. Artist's Journey's Wilfred Lee sat down with JoshRoy to talk about the local reggae scene.



A DAY IN THE WEST BANK

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We arrived at the Palestinian refugee camp Aida to the smell of tear gas. I had to quickly cover my mouth and nose with my scarf. "You picked a good day to visit!" our host exclaimed with a wry, yet genuine smile. Julie had warned, "If they start throwing rocks at you, put your camera down."



WHY KOREA MUST EMBRACE MULTICULTURALISM

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Rep. Jasmine Lee is in the thick of Korea's multicultural transformation. In an interview in her office at the National Assembly, she talked to Groove Korea about being the first naturalized lawmaker in Korea, her first year as a representative, and the drive to pass an antidiscrimination bill.



On the cover: Jasmine Lee

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See the full story on Page 26

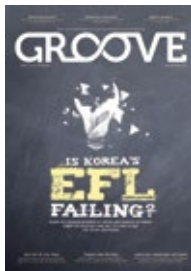


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Our past three issues:



April 2013
End HIV teacher testing
30 festivals for April
Korea's temples



March 2013
Is Korea's EFL failing?
Seoul's best bulgogi
Taboos and tattoos



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KOREA JOONGANG DAILY

In association with **International Herald Tribune**

NATIONAL NEWS with GROOVE

May 2013 / www.koreajoongangdaily.com

SEOUL STAYS COOL AS FOREIGN MEDIA GOES HAYWIRE

While the international media ramped up a sense of emergency following North Korea's "imminent" missile launch last month, Koreans by contrast remain unfazed.

A New York Times headline read "North Korea Warns of Imminent Nuclear War."

ABC News' top story was on the North's looming missile test and recalled workers from the inter-Korean Kaesong Industrial Complex, reporting detection of signs of a "fourth nuclear test," quoting a South Korean official.

But despite fears of the North launching missiles, as reported by Japanese media, and Pyongyang warning all foreigners in Seoul to plan for evacuation as their safety could not be insured, the South remained calm to the point of apathy.

Koreans and foreign residents in Korea made no preparations for possible war, such as stocking up on ramen or water, nor did embassies or foreign enterprises take the North up on its advice to prepare to evacuate.

Media from around the world flocked to Seoul last month as tensions flared.

In a survey conducted of 1,000 South Korean adults over 19 at a North Korea forum on March 24, 51.3 percent replied that "there was no chance of war."

Following the sinking of the Cheonan and the Yeonpyeong Island shelling, Koreans and foreigners residing in Korea know what to expect.

Lee Yong-gang, 29, a Chinese man who has resided in Korea for five years, stated, "It does not seem like the current situation will unfold into a war."

But he said his friends in China have contacted him asking if he was all right, and if he was nervous about living in Korea.

Some Chinese universities have given their students studying abroad in Korea evacuation instructions, he said.

CNN correspondent Jim Clancy, who has been dispatched in Korea since March 25, told the JoongAng Ilbo that those outside Korea "cannot understand

North Korea's heated rhetoric" but in reality it is only "empty threats."

Seoul National University's Office of International Affairs said it received calls from parents of its international students last month. "The Mongolian Embassy called to ask if there was a danger of war in Korea and if it was safe, and we replied that neither the government nor the school has officially given any instructions and that Korean society is not very agitated," a faculty member said.

Yonsei University, likewise, saw some 70 international students asking questions regarding safety following the North's provocations.

Lim Jeong-sub, professor of journalism at Sogang University, said, "During the 2010 Yeonpyeong shelling, international media sent veteran correspondents and supposed war and Asia experts, but there was a lot of misinformation. As international media misinforms or exaggerates its reports, it will seem like fact to those who do not know about the situation in Korea."

CHINESE TOURISTS IN KOREA SHRUG OFF THREATS

Near Dongwha Duty Free Shop in Sejongno, central Seoul, about 20 Chinese tourists milled about. Judging by the smiles on their faces and all the bags they were carrying, they seemed happy with their purchases.

"Almost everyone in my country knows that North Korea is bluffing," a 25-year-old Chinese tourist Lei said when the JoongAng Ilbo asked about Pyongyang's recent military threats. "No one around me cares about them."

That attitude about the North wasn't much different than that of another Chinese tourist surnamed Lin, 30, who the JoongAng Ilbo met at Gyeongbok Palace, central Seoul.

Under cherry blossoms, she enjoyed taking pictures with her friends. "This (military threat) isn't something new, is it?" she said. "If I was scared about it I wouldn't have come to Seoul. I'm going to see Psy's concert."

She was visiting during the time period when the international media was speculating the North might launch a missile.

The Seoul Metropolitan Government said that 288,000 Chinese visited Seoul in March, up by 56.8 percent compared to 183,691 in the same month last year.

Cheogdam-dong, southern Seoul, where many luxury boutiques operate, was crowded with Chinese shoppers.

"The number of Chinese visiting our shop and the sales revenue are just about same as the last few months," according to Kim Hak-hyun, manager of a Cartier shop.

CHINA HALTS TOURISM TO NORTH KOREA

Following local authorities in northeastern China halting tourists from crossing its border into North Korea, Beijing issued a temporary suspension of all tourists traveling to Pyongyang and also advised them to carefully consider travel plans to Seoul. A travel agency in Beijing relayed, "The Chinese government issued an emergency notice to regional governments to notify travel agencies to temporarily halt all travel to North Korea from (April) 11."

Shanghai's tourism administration issued an emergency notice to all travel agencies in the city, stating, "Following the tension-ridden situation on the Korean Peninsula, halt all travel to North Korea for the time being."

Likewise, a Beijing tourism administration official stated, "For the safety of travelers starting from April 11, we have decided to suspend leisure travel to North Korea and also advise to carefully proceed in travel to South Korea."

The official said that such advisories have been issued in most cities throughout China. But travel related to business or trade has not yet been blocked.

The advisory to "carefully proceed" to South Korea indicates unless there are special circumstances, officials advise travelers to refrain from visiting South Korea. Travel agencies expect this to have an impact on Chinese tourism in Korea.

Last year, some 70,000 Chinese traveled to North Korea.

Travel agencies in Dandong, Liaoning Province, and Yanji in Jilin Province for the first time blocked Chinese tourists from crossing northern borders following orders from local authorities.

The annual "Dream Concert" in which major K-pop singers perform will be on May 11 this year at the World Cup Stadium, northern Seoul.

The 19th edition of the concert will be organized by the Korea Entertainment Producer's Association.

A total of 21 teams are lined up including Beast, SHINee, Infinite, 2AM, Girls' Generation, KARA, Sistar, 4Minute, T-ara, Secret and others.

"K-pop has become the major hallyu maker from 'Dream Concert,'" said chairman Kim Young-jin of the producers' association. "The concert has contributed in formatting hallyu and growing the market for it, and we are preparing for additional momentum to

create new value added onto the name of the concert."

Prior to the concert on May 11, there is going to be a red carpet event for fans to observe the current trends in fashion.

BoA plans return to stage on May 18

BoA announced plans for her first solo concert in Taiwan. She also said that she will continue touring Korea as well after she received a warm welcome from fans at her concert "BoA Special Live 2013 Here I Am" in Seoul in January.

The concert in Taiwan will be held on May 18 at National Taiwan University Gymnasium, and then BoA

will come back to Korea for concerts in Daegu on May 25 and Busan on June 1.

Tickets for the Daegu and Busan concerts are available.

The singer, often heralded as the "first lady of K-pop," said before her Seoul concert at Olympic Park that she would give a performance that recaps her 13 years in the field.

Meanwhile, she released her new Japanese EP "Only One" in Korea last month on CD and DVD. "Only One," the title track of her seventh regular album released in Korea last year, was a theme song for entertainment program "Takeshi no Nippon no Mikata" on Tokyo TV.

RAPIST TO WEAR ANKLE MONITOR

Ko Young-wook, 37, a former member of the 1990s pop band Rooro convicted for sexually assaulting several teenage girls, became the first celebrity ordered to wear an electronic ankle tracking device, which is compulsory for serious sex offenders.

The Seoul Western District Court, headed by Judge Seong Ji-ho, sentenced Ko to five years in prison and to wear the ankle, which monitors a sex offender's whereabouts 24 hours a day via GPS, for 10 years.

The court also decided to make public Ko's personal information, including his current address

and details of the charge on the government's sex offender registry (www.sexoffender.go.kr) for the next seven years.

The 37-year-old Ko was accused of raping and sexually harassing three teenage girls in four separate occasions at his home in Hannam-dong, central Seoul, and in his car from July 2010 to December last year. "He clearly used his social position as a celebrity who appears on many popular entertainment programs in order to attract teenagers who are too young to properly judge what is right," the court said.

KOREAN 'CRIME MAP' CAUSES STIR

Murders, rapes, bullying labeled on nationwide map

The Ministry of Security and Public Administration announced that it will allow citizens to view a map detailing the density by location of different types of crimes, including homicide and rape. The map would also detail areas of school bullying.

The new initiative, due to be implemented nationwide in 2015 after a test period, aims to alert people about crimes in their area and encourage local police forces to beef up security in their districts.

"People will be more aware of safety issues, if it's adopted," said the minister of security and public administration, Yoo Jeong-bok, during a briefing. "(Citizens) can compare (data) with other regions so local governments and communities can put more effort into enhancing the safety of their regions," Yoo said.

While some welcome the government's new measure, others are wary of potential drawbacks, claiming that the crime map could label some areas as so crime-ridden that the regions will be perceived as crime hotspots or slums. The map could cause a drop in real estate prices and further avoidance from people. Those opposed to the idea are also concerned about a breach of privacy.

"The government doesn't seem to have concrete data to link the mapping system and crime rates," said Yoon Cheol-hwan of the Citizens' Coalition for Economic Justice. "It can cause conflicts between regions."

SEOUL WANTS CUSTODY OF BB GUN SHOOTER

In April, the Ministry of Justice requested the United States Army in Korea hand over custody of a U.S. soldier accused of shooting a BB gun at civilians in Itaewon, central Seoul, on March 2, and being involved in a high-speed car chase that resulted in the police shooting one of the soldiers.

The request for the soldier, a 26-year-old staff sergeant surnamed Lopez, follows an arrest warrant issued by the Seoul Central District Court Wednesday, which said the suspect "may destroy evidence or flee" to avoid legal punishment without detention.

With the arrest warrant granted by the court, it was the Justice Ministry's job to ask the U.S. military to hand over the suspect, which the ministry did, marking the first time the authorities have asked the USFK to relinquish the jurisdiction over a U.S. soldier implicated in a general crime.

"We filed a custody request to the U.S. Forces Korea

(USFK) and expect the request will be accepted given the current circumstances (that back the soldier's illegal acts)," said an official at the Justice Ministry, speaking on condition of anonymity.

Sergeant Lopez has been identified as the primary suspect in the disturbance, during which he shot at people with a BB gun in front of the Hamilton Hotel in Itaewon and fled the scene when the police approached.

Lopez also allegedly rammed his car into a police officer at the end of the automobile chase, and his passenger, a 23-year-old corporal surnamed Dixon was shot by the pursuing police officer in the shoulder. The other soldiers will have further questioning by the prosecutors without physical detention. It remains to be seen whether the USFK will accept the ministry request to hand over the sergeant, according to the the Ministry of Justice.

TRAVEL NEWS

Eastar Jet, T'Way cooperate on Taipei route

Eastar Jet and T'Way Airlines agreed to code sharing for flights to Taipei. This is the first time that the local low-cost carriers have partnered for cooperating flights.

According to nation's two smallest budget carriers, flights connecting Gimpo International Airport and Taipei Songshan International Airport will be operated daily from April 29. T'Way will serve customers on Monday, Wednesday, Friday and Sunday of every week, while Eastar will operate on Tuesday, Thursday and Saturday.

Low-cost Singapore carrier to fly to Seoul

Scot said it will fly to Seoul in June, becoming first low-cost carrier to connect Singapore and Korea.

Scot will offer flights between Incheon and Singapore via Taiwan with Boeing 777-200 aircraft three times a week.

The service will be available on Wednesday, Friday and Sunday of every week. The company claims to offer tickets up to 40 percent cheaper than regular airlines, but the fares and initial date of operation have not been announced as the medium and long-haul flight operator is still waiting for approval from Korean aviation authorities.

Jin Air opens more routes to Japan, China

Jin Air, a low-cost carrier run by Korean Air, set a goal of expanding into international flight routes with new airplanes.

The new CEO of Jin Air said that a new B737-800 will fly the Nagasaki, Japan route three times a week from July and another will fly to Sendai, Japan and Weihai, China starting in October.

With the two new planes, the company will own a total of 11 airplanes.

Currently, no local airlines service the Seoul-Nagasaki route. Korean Air recently suspended its twice-weekly flight to Nagasaki.

Busan-Kuala Lumpur route coming

AirAsia X, the long-haul arm of the region's biggest low-cost carrier Air Asia, will begin operating a flight between Busan and Kuala Lumpur.

The Malaysia-based long-haul budget airline said the service will start from July 15 with four weekly flights connecting Gimhae International Airport in Busan and Kuala Lumpur International Airport. The route will use the Airbus A330-300 with 377 seats.

It will be AirAsia X's second route to Korea. The operates a daily Seoul-Kuala Lumpur Flight.

WHAT'S ON

May 1* - May 31*

1 - Wednesday

Holiday: Labor Day — not a public holiday but most government services are shut down

Airshow: Gyeonggi Ansan Airshow; May 1-5; 9 am-6 pm; eng.skyexpo.or.kr

Concert: Peppertones @ Sangsang Madang in Hongdae; 8 pm; 77,000 won; sangsangmadang.com

2 - Thursday

Festival: Buan Masil Festival @ Buan-gun area; planned for early May; buanmasil.com

Box office: "Caesar Must Die" opens in theaters nationwide; Italian with Korean subtitles; cineinkorea.com

Festival: Mungyeong Traditional Chasabal Festival @ Mungyeongsaejae Provincial Park, Mungyeong City; to May 5; sabal21.com

3 - Friday

Festival: Yeoncheon Jeongok-ri Paleolithic Festival @ Yeoncheon-gun, Gyeonggi-do; May 3-12; paleolith.org

Festival: Damyang Bamboo Festival @ Juknokwon Garden, Gwan-bangjerim Forest, Damyang; May 3-8; bamboofestival.co.kr

Festival: Last day of Jeonju International Film Festival in Jeonju; eng.jiff.or.kr

4 - Saturday

Concert: Snoop Dogg @ Olympic Park Velodrome in Songpa; 7 pm; 55,000 won+; ticket.interpark.com/Global

Festival: Spring Beer Festival @ Haebanchon, Itaewon; 2 pm-5 pm; 10,000 won

Music festival: 51+ Festival @ Seoul Art Space in Mulla; 3 pm; lots of amazing bands; 35,000 won; eng.seoulartspace.or.kr

5 - Sunday

Holiday: Children's Day — public holiday

Festival: Yeongnam Wangin Culture Festival @ Yeongam-gun; throughout May

6 - Monday

Festival: Last day of Ansan Street Arts Festival @ Ansan City; May 4-6; ansanfest.com

Festival: Last day of Seoul Friendship Fair @ Seoul Plaza and Cheonggye Stream; May 4-6; seoulfriendshipfair.org/en

7 - Tuesday

Lecture: "The Way of Pungnyu: the Historic and Social Contexts of Pungnyu Music" @ Seoul Museum of History; 10:30 am; yeol.org

Pro baseball: Nexen Heroes @ LG Twins in Jamsil; 6:30 pm; mykbo.net



The Great Gatsby opens in theaters nationwide; PG-13. Story on Page 56

8 - Wednesday

Festival: Daegu Yangnyeongsi Herb Medicine Festival @ Namseong-ro, Daegu; May 8-12; herbmart.go.kr

Conference: AMCHAM-Aust Cham World Energy Council @ Grand Hyatt Seoul; 7:30 am; RSVP amchamrsvp@amchamkorea.org

9 - Thursday

Concert: Slash, Myles Kennedy and The Conspirators @ UNIQLO AX; 7 pm; 60,000 won+; ticket.interpark.com/Global

Music festival: Metal Fest 2013 @ Olympic Park in Seoul; 6:30 pm; 110,000 won+; ticket.interpark.com/global

10 - Friday

Festival: Lotus Lantern Festival in Seoul; May 10-17; llf.or.kr

Concert: Clazziquai Project @ Blue Square in Seoul; 8 pm; 77,000 won; bluesquare.kr

11 - Saturday

Concert: 2013 Dream Concert @ World Cup Stadium; SHINee, INFINITE, 2AM, Girls' Generation, KARA; 150,000 won; 6:30 pm

Concert: Midnight Smoking Drive, Love X Stereo, Ondahl, Gutz @ Didim Hall in Hongdae; 8 pm; 20,000 won

12 - Sunday

Festival: Last day of Ulsan Soeburi Cultural Festival @ Bukgu Office Plaza; May 10-12; soeburi.org

Concert: Daybreak, Dear Cloud, Lee Soo Ryon, Fine @ Sangsang Madang in Hongdae; 5 pm; 35,000 won; sangsangmadang.com

13 - Monday

Happy hour: All-you-can-drink beer 6-8 pm; 10,000 won @ Big Rock in Gangnam; Monday, Tuesday; bigrockbeer.co.kr

14 - Tuesday

Festival: Boseong Green Tea Festival @ Korea Tea & Sori Culture Park, Boseong-gun; May 14-19; dahyang.boseong.go.kr

17 - Friday

Holiday: Buddha's Birthday — public holiday

17 - Friday

Festival: Jarasum Rhythm & BBQ Festival @ Jara Island in Gyeonggi; May 17-18; see story on Page 94

Slash, Myles Kennedy and The Conspirators @ UNIQLO AX on May 9.



15 Wednesday

Concert: Hollow Jan, Romantiqua, Remnants of the Fallen @ Prism in Hongdae; 7 pm; 25,000 won

Pro baseball: Samsung Lions @ Doosan Bears in Jamsil, Seoul; 6:30 pm; mykbo.net

16 - Thursday

Box office: "The Great Gatsby" opens in theaters nationwide; PG-13; cineinkorea.com; see Page 56.

Social: Open mic @ Orange Tree in HBC (Thursdays); (02) 749-8202

Music festival: World DJ Festival @ Narukke Festival Park; May 17-19; 99,000 won+; worlddjfest.com

Concert: Jason Mraz @ Jamsil Sports Complex; 5:30 pm; 110,000 won+; ticket.interpark.com/Global

Music festival: Seoul Jazz Festival @ Olympic Park; May 17-18; 121,000 won; Ramsey Lewis; Mika etc.; 2 pm

Music festival: Greenplugged @ Hangang Park; May 17-18; Crying Nut, No Brain, Pia, Galaxy Express etc. 12:30 pm



For suggestions or comments,
e-mail calendar@groovekorea.com

*All the events published in this calendar are subject to unforeseen changes by the promoters. Groove Korea does not take responsibility for any misunderstandings or third party damage.

18 - Saturday

Festival: Kiwi Chamber Wine Festival @ Waterfall Garden of the Grand Hyatt Seoul; 4-8 pm; 95,000 won; RSVP chamber@kiwichamber

Comedy: Stand Up Seoul @ Renaissance Hotel Rooftop Bar; May 17-18; 10 pm; tickets standup-seoul@gmail.com

Pro baseball: Kia Tigers @ LG Twins in Jamsil; 5 pm; mykbo.net

19 - Sunday

Festival: Chuncheon International Mime Festival @ Festival Theater Momzit; May 19-26; mimefestival.com

Concert: Sigur Ros @ Olympic Park Gymnasium in Songpa; 6 pm; 99,000 won+; tickets et.interpark.com/ Global

Festival: Last day of Hadong Wild Tea Cultural Festival @ Hadong-gun; May 17-19; festival.hadong.go.kr

20 - Monday

Social: Open mic @ Tony's in Itaewon (Mondays); tonysitaewon.com

Beer: 15,000 won all-you-can-drink @ Beer Garden. Renaissance Hotel; 6-9 pm (every day); (02) 2222-8630

Food: Wing special @ at Yaletown in SInchon; 10 wings for 4,000 won; facebook.com/yaletownjason; Mondays

21 - Tuesday

Concert: Stefano Bollani @ LG Arts Center; 8 pm; 40,000 won+; tickets arts2005@lgart.com

Food: 2-For-1 fish & chips @ Wolfhound (Tuesdays); wolfhoundpub.com

22 Wednesday

Social: Quiz night @ Craftworks in Noksapyeong (Wednesdays); craftwork-staphouse.com

Happy Hour: 3,000 won off JD, Finlanda vodka @ DOJO in Itaewon; Wednesdays

23 - Thursday

Concert: Method, Transfixion, Yellow Monsters, Gateflowers @ V-Hall in Hongdae; 6 pm; 40,000 won

Box office: "Fast and the Furious 6" opens in theaters nationwide; cineinkorea.com

24 - Friday

Music festival: HBC Fest @ Haebangchon; May 24-25; awesome live music; see Music & Arts section

Happy Hour: 2,000 won off beer/wine @ Craftworks in Noksapyeong; 4-6 pm; craftwork-staphouse.com



Camarata Music Company will perform Bach's Mass in B Minor on May 11. Story on Page 92.

25 - Saturday

Happy Hour: Unlimited cocktails @ Big Rock in Gangnam; 15,000 won; 7-10 pm, Saturdays; bigrockbeer.co.kr

Festival: Kiwi Chamber Wine Festival @ Park Hyatt Busan; 6-10 pm; 95,000 won; RSVP chamber@kiwichamber.com

Concert: CNBlue @ Jamsil Indoor Gymnasium; May 25-26; 6 pm; 77,000 won+

Music festival: HBC Fest @ Haebangchon; May 24-25; awesome live music; see Music & Arts section

26 - Sunday

Pro baseball: Lotte Giants @ Nexen Heroes in Mok-dong, Seoul; 5 pm; mykbo.net

Expo: Last day of Cosmetics and Beauty World Expo @ Osong High-tech Medical Park; May 3-26; eng.osongbeauty-expo.kr

Festival: Last day of Chuncheon International Mime Festival @ Festival Theater Momzit; May 19-26; mimefestival.com

Pro football: Pohang Steelers @ Daegu FC; 1 pm; kleague.com

27 - Monday

Food: Wing night @ Craftworks in Noksapyeong (Mondays); craftwork-staphouse.com

Happy hour: All-you-can-drink beer 6-8 pm; 10,000 won @ Big Rock in Gangnam; Monday, Tuesday; bigrockbeer.co.kr

FREE STUFF: Email the Groove crossword to mattlamers@groovekorea.com and win 25,000

Ticket Tip: Go to ticket.interpark.com/ Global to purchase tickets for ongoing musicals

28 - Tuesday

Lecture: "The Distinctive Characteristics of Korean Buddhism" @ 2nd floor Residents' Lounge, Somerset Palace; 7:30 pm; raskb.com

Happy hour: All-you-can-drink beer 6-8 pm; 10,000 won @ Big Rock in Gangnam; Monday, Tuesday; bigrockbeer.co.kr

Food: Pasta night @ Craftworks in Noksapyeong (Tuesdays); craftwork-staphouse.com

Learn about Korea's cuisine with O'ngo culinary tour of Seoul; ongofood.com

29 Wednesday

Social: Standup comedy (Wednesdays) @ Tony's in Itaewon; tonysitaewon.com



30 - Thursday

Happy hour: Buy one Big Rock beer get one free @ Big Rock in Gangnam; 6-8 pm; Thursdays; bigrockbeer.co.kr

31 - Friday

Talent: Deadline to register for Top Talent, the all-English talent search; see Arts & Music section

Pro baseball: Nexen Heroes @ Doosan Bears in Jamsil, Seoul; 6:30 pm; mykbo.net

Pro baseball: Samsung Lions @ SK Wyverns in Incheon; 6:30 pm; mykbo.net

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4

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KOBALT SHOP

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5



6

Dr. Bronner's Sandalwood & Jasmine
Pure-castile Soap

OLIVE YOUNG

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7

Ceramic Apple Sculptures

TEAL TABLE

02. 544. 7936



Loco Moco With Brown Curry

LOCO CURRY

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9

Tassel Point Flats

BABARA

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MAP



Jasmine Lee

WHY KOREA MUST EMBRACE MULTICULTURALISM

Interview by Matthew Lamers / Photos by Dustin Cole and courtesy of Jasmine Lee

Lawmaker Jasmine Lee is in the thick of Korea's multicultural transformation. Lee is leading the charge on multiple fronts, although she is quick to point out that taking things one step at a time is necessary to maintain support from a majority of the people and to prevent attracting too much negativity.

Nonetheless, the agenda is a busy one, and defining multiculturalism in the Korean context is at its core. It also involves researching the best way to integrate multiethnic families into society, redefining "multicultural children," passing an antiracism law, setting up a "control tower" to implement inter-agency policies on multiculturalism, and most importantly, spreading the message that a multicultural society involves not only the 1 million people living in multiethnic households — it involves all 50 million Koreans.

Born Jasmine Bacumay y Villanueva, the TV personality-turned-lawmaker is the first naturalized Korean to sit in the National Assembly. She represents the ruling Saenuri Party as a proportional representative, meaning she was appointed by the party and does not represent a district.

Groove Korea sat down with Rep. Lee in her office at the National Assembly days before the inauguration of President Park Geun-hye.

In the interview, Lee says Korea must embrace multiculturalism due to demographic and economic trends. "Unless Korea is going to close its doors and send out everyone who's not born in Korea, multiculturalism will further settle in," she says. "There will be more Koreans going out and other people coming in. This is happening. I think Korea's got to be ready, because it's not closing its doors. This is a country where the economy is based on exports, so you can't close your doors if you're an exporting country. There will be many more interactions with people from other countries."

With Korea's demographic transformation in full swing, social and economic issues relating to multiculturalism have taken center stage, and it even cropped up in last year's presidential election.

In just two decades, Korea has gone from being one of the most homogenous countries in Asia to a diverse and demographically dynamic place. Nowhere is that more apparent than in the country's rural areas. Indeed, plant yourself in a restaurant in Paju, Gyeonggi Province, and listen in on the conversations around you; it won't be long before you realize the woman sitting nearby was not born in Korea and her much-older companion is her husband.

The statistics only tell part of the story: The number of biracial children in 1965, 2007 and 2011, respectively, was 5,000, 44,258 and 151,154. In 1990, 1.2 percent of all marriages in Korea consisted of one foreign national, and by 2007, that had risen to 11.1 percent.

But beneath the numbers is a country that is in the middle of some serious soul searching on what it means to become a multicultural society, and what role, if any, the government ought to play.

Lee says the demographic changes have happened very fast, "so the government is trying its very best to cope. But when you're in the trial-and-error stage, you're going to get a lot of error. We have to move forward, plan out how Korea is going to face being a multicultural society. The most important part is changing the negative perception of the majority."

Tailoring policy to fit Korea's peculiar multicultural circumstances is key to any successful government programs. "France and Germany, their definition of multiculturalism might be different from the definition of multiculturalism that's happening in Korea. It's a very different thing," says Lee. "It's important for people to acknowledge that multiculturalism means different things and has different definitions in different countries."

Following is the rest of the discussion with Rep. Lee. The interview was edited for length, grammar and clarity.



You are approaching the one-year anniversary of becoming the first naturalized Korean to earn a seat in the National Assembly. How do you reflect on your time so far?

Being the first, you don't really have anyone to set an example. I can't just look at whatever other people have been doing. A lot of people are looking forward to what you can do. That's hard. You have to be careful with every move that you make, so as not to make any mistakes. Every mistake that I would make – in comparison with the 299 other people in the National Assembly — the things that I do seem to be in the spotlight more often. People tend to blow things up when it's something that includes me. I've been in the spotlight before, but this is a different kind of spotlight ...

What about your triumphs?

Me being alive and sitting right in front of you is a big triumph (laughs). I campaigned for the two elections last year and we won both elections. I mean, we are the majority. I do think, if that will not sound arrogant, that I happened to do my share. I campaigned 10 days for the national elections and 22 for the presidential election. ...

I think going through all of that and having the results to our party's favor is one of the triumphs that I can see. We are very happy to be inaugurating someone from our party on (Feb. 25).

What about legislatively? Is there any particular piece of legislation that you supported that you're proud of?

(Pointing to a photo on the wall. See Page 26.) That's actually the first time that I stood up at the Assembly. It's a bill regarding one of the closest things to my heart. It's a bill to help comfort women. There are 60 left in Korea. In the Philippines there is one alive. And I'm so glad that it will be of help to them. ...

There's a lot of stuff, not only legislatively. I'm working with two committees ...

I'm very much interested in Koreans abroad, (in particular) North Korean defectors.

We visited an immigration detention center in Bangkok, Thailand, last October. So, we went there and saw pregnant women, North Korean defectors, sleeping on cement, on the floor. If the government is helping North Koreans (settle in) Korea, then why not help them while they're there (in Thailand)? ...

So I think big changes start with the small things. As far as policies on multiculturalism, multicultural families and foreigners, we're pacing ourselves so we don't attract too much negativity. Because however good your policy is, if the majority of the people don't agree with it or there is too much negativity surrounding it, then there is no real way to pass this policy. So we're looking for ways to minimize the negativity.

(Ed. note: she now only sits on the Foreign Affairs and Unification Committee in the Saenuri Party).

What about your disappointments?

That's part of it — that I have to be more careful. When I used to work for an NGO, I could just go and ask for help and complain. Now they're all complaining to me (laughs) and I cannot complain to anyone. It made it a lot harder for me to maneuver up here because I have to balance things out. You would think that going up the ladder would make things easier, but actually it just makes your road narrower. ...

Last year a record 47 of 300 National Assembly lawmakers were women. It was an improvement from the two previous Assemblies (the 17th and 18th, which had 39 and 41 women, respectively). How do you explain the rising status of women in Korean politics in general? How will more women politicians be good for Korea?

I still don't see it as a lot. I'm a proportional representative. In my party we only have four women in the districts. The others, we're all proportional representatives. So the proportional representation system started the influx of women into the Assembly. District-wise, there's a long way to go.

I think people are actually looking for change, too. The society is moving forward. When you're talking about families these days ... men will still be the head of the family, but the one who's running the family is a woman.

So it's a change in the status of women these days. There's a lot more women going to science schools, like engineering and stuff; you find women in aeronautics, you find more women in the military, so there's more women going into fields that you wouldn't have expected them to go into in the past.

In the same line of thought, in a few days Park Geun-hye will be inaugurated as Korea's first woman president. What will having a woman president mean for Korea?

... It's not just because she's a woman as much as it has to do with what she did in the past, what she is and where she came from. She's called the "campaign queen" because the party has won all of the campaigns she has been a part of.

In terms of changes, we're just going to have to wait and see. I don't really think there's much difference if a woman runs the country or if a man runs the country, but it's where her philosophy is. ...

Our party had three firsts last year: the first naturalized Korean as part of the Assembly, the first North Korean defector as part of the assembly and, of course, the first woman was elected president. ... I'm going to do the best I can with the years that have been given to me and I think that's what she will do, too.

What projects do you plan to support this year?

We made 10 campaign pledges during the presidential elections last year on multicultural families and the multi-

cultural society. My main job is actually to make sure that we keep our promises, so that's what I will be busy with for the remaining years.

(Ed. note: Visit www.groovekorea.com to read those pledges.)

Why does Korea need to embrace multiculturalism?

I think every country has their own definition of what multiculturalism is. France and Germany, their definition of multiculturalism might be different from the definition of the multiculturalism that's happening in Korea. It's a very different thing.

The multiculturalism phenomenon actually started in South Korea with an influx of marriage migrants back in the late 1990s to early 2000s. It's different, because if you think about it, in France and other countries in Europe, it's actually the workforce, (it's) the immigrants that are looking for work, settling in and the governments are (allowing them) to settle into the country. But this is kind of different from marriage immigrants coming in from different countries (to Korea). They're not living alone in Korean society, either. They're not living by themselves, or within their own groups. They're being sucked into a Korean family setting, right when they come in. So it's a very different thing when you think about it.

Being a foreigner, an immigrant, and coming into a society, you have to stand up (for) yourself and provide for yourself. But when you're brought into a Korean family setting right after you immigrate, it's a different story — a different type of multiculturalism. It's very important for people to acknowledge that multiculturalism means different things and has different definitions in different countries.

When you talk about Korean multiculturalism, you talk about Korea's low birthrate and a workforce for SMEs (small- and medium-sized enterprises). The drop in the birthrate and the SMEs are the main reason why marriage immigrants are here. You find a lot of, let's say, old bachelors back in the countryside who are not married and the government actually started this project of marrying old bachelors from the rural areas with Southeast Asian women. ... The basic part (of the project) is to increase the birthrate of South Korea, which is actually dropping very fast.

So what good will it be for Korean society? Unless Korea is going to close its doors and send out everyone who's not born in Korea, multiculturalism will further settle in. There will be more Koreans going out and other people coming in.

This is going to happen. This is now happening and there's going to be more. I think Korea's got to be ready, because it's not closing its doors. This is a country where the economy is based mostly on exports, so you can't close your doors if you're an exporting country. So there will be many more interactions with people from other countries. ... The most important thing to understand is that South Korea must be ready.

The (demographic) change happened very fast, so the government is trying its very best to cope. But of course when you're in the trial-and-error stage, you're going to get a lot of error. We have to move forward, plan out how Korea is going to face it being a multicultural society. The most important part is changing the negative perception of the majority ...

Can you define "multiculturalism" in the Korean context?

A "multicultural family" by law is a family made up of a Korean and a foreign person ... so if a foreign person and another foreign person have a family in Korea, they are not a multicultural family because there is no Korean person in there. So that's the first thing I'm working on: for people to get clear definitions of the terms that we're using.

If you're born into a multicultural family then your kid gets to be called a "multicultural child." But what do you say of children who come from marriages between two Koreans, but after getting divorced and the father gets married to a foreign person — those kids suddenly go from just being plain Korean kids to multicultural children ... So what I'm looking forward to (is) defining all of the words that we're using.

And, of course, I want a definite branch of the government to work on changing the perception of people, and work on projects and research on multicultural families. We cannot just use Germany, France or Japan as a model because (their versions of multiculturalism) are very different. So we have to make our own, but no branch of the government is doing any research regarding how to make Korea ready for more (demographic) changes. ...

A survey in 2011 found that 70 percent of Korean students have never received education on multiculturalism. Considering Korea's demographic shift toward a more multiracial society, do you think that Korean schools ought to include some form of education on what it means to be a part of a multicultural society?

Actually, by law, there is a clause which says that multicultural education should be present in elementary, middle and high school, so the schools can have education on multicultural. But as I've told you, no one is researching this. So how can we be sure how to present multiculturalism to these kids? At the moment we're limited to sending in marriage immigrants to schools and having them teach about their culture.

What should they be teaching them, then?

That's what I'm saying. There's no one researching what we should be doing. One improvement I have noticed is in the textbooks. Before, if textbooks said "foreigner" you only saw pictures of white people in there, but now it's kind of different. You can see the difference if you go through the textbooks. I have a first-year middle school kid and a second-year high school kid and I can actually see the change in the textbooks. ...

Students have the right to know. They have the right to be educated on what's going on in the society. So that's my main point. The country actually acknowledges that it should educate students on multiculturalism, but nobody is actually doing research on how and what to teach these children.

One of the campaign pledges (we) have is pushing forward an agency, or a control tower, that will actually manage policies for multiculturalism. Not only support for the multicultural family, but for all of Korea itself — how they accept multiculturalism. ...

Do you see progress being made on the antidiscrimination law?

There are a lot of things to do. We're just taking it one step at a time.

We had six or seven antidiscrimination laws that were (proposed) in the last Assembly, but there were issues that weren't resolved — that's why it didn't pass. We're trying our best to study all of the antidiscrimination bills that they actually made, and make it something that won't be too negative with the majority.

In the past you have pledged to fight prejudice against interracial families. Have you gone about that?

That's what we're talking about right now ... I'm taking it slow because of the fact that I don't want to garner more negativity than there already is. So the balance thing is the hardest part for me and the most disappointing for me. ...

Nobody knows what the sure way is, but by taking it slow we will attract less negativity.

So is the antidiscrimination law the next step?

We're not only drafting that, we're actually drafting a Migrant Children's Rights Security Act. We're also pushing the control tower. We're pushing a lot of things, going one by one. ...

In less than a year we had two elections ... and now we're looking forward to pushing more of what we want to do ... One of the things I'm looking forward to is making people understand that multiculturalism doesn't only apply to a foreign person married to a Korean person and that family. I want them to understand that a multicultural society involves all 50 million people. Getting people to understand that is my main goal.

Moving on to schools designated specifically for multiethnic children. The rationale is that they have different educational needs. The criticism is that segregation is a barrier to integration. What do you think of those schools?

That's why we need to define these kids, because "multicultural children" will go to multicultural schools. ... I would think (there are cases where) they need some kind of alternative school, or transitional school, where (multicultural children) can go for a year before they get transferred to ordinary schools.

Still, I think segregating them is not good. I've raised two kids here. They went to public schools. These kids are going to grow up in this society. They have to learn, from as young as they can, how to make it in this society. A school in itself is a society. It's how they're going to grow up and it's what they're going to see in society later on when they grow up. ...

Alternative schools are good if they can address the needs of the kids who are going there, but they have to actually identify the specific needs of the children. It's not necessary that just because you're a multicultural kid, you get to go to alternative schools ... I mean, you can't put them into an ordinary school when they can't even understand what the teacher is saying. It's like a death sentence.

Can you think of the moment in your life when you decided to lead instead of follow?

Yeah, actually I used to be a housewife for 10 years before I started to work for the networks. The program I was working with, I think you have heard of it, is "Love in Asia." Before I worked for this program, I always thought that all multicultural families lived like me, you know, like any other family here in Korea. But it's different — there are a lot of different stories going on.

When I was on TV, people started looking up to me. ... they even think that living with my parents-in-law, with four generations under one roof is a very big thing, so people come to respect you and believe in what you say to them. I went out to villages in the provinces and mothers-in-law grabbed their Southeast Asian daughters-in-law and told them, "Look at her. She's from the Philippines, too, and speaks Korean fluently." They would compare (me) to their daughter-in-law. They would actually ask me, "When will she be like you?"

... Later on you see a lot of discrimination against children. If there's one thing that's most important for me, it's being a mother. In one interview I was asked why I went into politics. It's not just politics, I told them. "If I can make this society 0.001 percent better for my children, whether it be in politics or whatever it is, I am going to take it." That's how everything started.

Ed. note: Through a member of Jasmine Lee's communications team, Rep. Lee declined to answer further questions regarding (1) the pending antidiscrimination law, which is facing opposition in the National Assembly because of the inclusion of sexual orientation, (2) xenophobic reporting by the broadcaster MBC, which has come under fierce criticism by some members of Korea's foreign community, and (3) HIV/AIDS testing exclusively for E-2 visa holders, which was the focus of Groove Korea's cover story in April. GROOVE



Column by John M. Rodgers / Illustration by Cynthia Fernandez

Making sense of muddled mores



"TKO," Russ repeated, looking at the clock.

Thing is, those very frustrations also exist at home. Yet they don't often receive the same kind of derision probably because they can't be attributed to foreign mores and dismissed as beyond comprehension. Since returning to the U.S. I've noticed these types of things the way a new visitor would and I've found myself thinking of the old proverb, "A guest sees more in an hour than the host in a year." Odd as it sounds, I still feel like a visitor from abroad and my scrutiny of the locals draws attention to my altered identity.



After a long stint in Korea, John M. Rodgers is back in the United States and writes about readjustment. He is a founding editor of The Three Wise Monkeys webzine and currently acts as Groove Korea's editor-at-large. — Ed.

"Two forms of ID, please," said a pimply faced kid tending the register at a local Rite Aid pharmacy where I had stopped to pick up a few things, among them a 12-pack of beer (yes, beer at a pharmacy, and on sale). "What?" I asked.

"We need two forms of ID to verify your age ... company policy," Adam, or so said his nametag, answered with a sheepish look on his face.

"I'm in my 30s," I said curtly, pulling my wallet from my back pocket. Another clerk joined the conversation to explain the acceptable forms of ID (driver's license, social security card, non-driver ID etc.) and the reason why a person who clearly looked well beyond the legal age had to prove it (apparently the current policy says anyone looking under 40 has to show identification).

Now I never got ID'd for alcohol in Korea, and it was common knowledge that teens could get some soju or beer rather easily. Surely, the restrictions on alcohol availability to minors could be strengthened (they are looser than when I was in high school when you needed an older-looking kid — i.e. someone with facial hair and height — to buy beer for a party). Yet the American overkill on this (40?) defies all sensibility and runs in line with the ridiculously excessive rules at airports.

Korea leaves certain aspects of daily life for the citizen to figure out. Perhaps most perplexing are the rules of the roads (and sidewalks) or lack thereof. I'll never forget the frigid January day, not long after my arrival, when, as I walked down an icy sidewalk, I heard a buzz come up behind me only to barely glance over my shoulder as a scooter shot by with its rider on his way to deliver some sort of food. "What the hell is that guy doing on the sidewalk?" I thought, in addition to wondering how he was riding on ice. Over the years I'd learn to listen for scooters and to hold my course as they zipped by with a helmetless rider. The necessity of food delivery at almost any hour to any address has precluded the implementation and enforcement of any regulations. TKO.

Back in the States, the typical American operation runs on a crazy capitalistic conveyor: you can have it all. It's consumerism gone wild and it has the average citizen searching for something to buy, something more to add to everything else that one has, something that is on "sale," something that saved some money but, at the same time, involved spending money. That is the gimmick: You saved money by getting two for the price of one, or by getting a 20 percent discount off the going rate.

Everyone is always buying stuff here — always. Walmart now has more than 3,000 "superstores" around the country and any time I've been to one, there are swarms of people filling their carts with all manner of things; Walmart has it all and that's exactly what everyone wants.

And size is everything; the bigger the better — your SUV, your TV, your house, your boat. But those who can't necessarily afford that seem to make themselves larger. According to the Center for Disease Control, as of 2012 more than one-third of Americans were obese. A report issued in 2009 by a non-profit in Washington, D.C. called Mission: Readiness, claimed that 75 percent of America's 17- to 24-year-olds are ineligible for the military with one-third unable to serve because they're too fat. This is now the status quo for Americans — super-size is the new normal and gluttony abounds.

Walk into a restaurant and you'll see family-sized servings on individual plates or hear about offers from restaurants like one I recently visited in Texas that gives willing (and famished) customers the opportunity to eat a two-pound (0.9 kg) burger made up of four patties piled high with bacon and cheese for \$11.50 (12,800 won). Eat the King Kong, as it's called, in 30 minutes or less and you get a T-shirt and your picture on the wall. Make sense of that; surely Koreans would be baffled.

Despite my own daily bemusement, I learned to live with and sometimes to laugh at those TKO moments — the late boss, the people spitting on the street, the erratic walking — accepting them as cultural idiosyncrasies (though sometimes I pushed past the ajummas standing in front of subway doors). Mostly, I shook my head just as I find myself doing now when a giant SUV blows by me on the interstate or a person who is as big as a shed (and moves about as well) passes me in the supermarket with a cart full of crap.

I guess Russ, who was let go at the end of my first semester, would say "T-A-O," but maybe with a bit less contempt. **GROOVE**



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TRENDING

Column by Daniel Tudor / Illustration by Cynthia Fernandez

UNDERSTANDING KOREAN STOCKS

Be patient, make money



A FEW YEARS AGO, WARREN BUFFETT SAID
THAT IF HE HAD LESS MONEY, HE'D JUST COME HERE AND INVEST
IN LOTS OF KOREAN FIRMS YOU'VE NEVER HEARD OF.



ABOUT THE WRITER

Daniel Tudor, the Economist's Korea correspondent, writes about topics of interest in Korea today. Recently he released his first book, "Korea: The Impossible Country," which has been the subject of articles and reviews in the Financial Times, The Wall Street Journal, Time, and others. His opinions do not necessarily reflect those of Groove Korea. — Ed.

● Sometimes, people ask me if I know anything about investing in the Korean stock market. Unfortunately, I don't know how to get disgustingly rich from it; I certainly haven't lost money though and do have a few ideas related to unfashionable "value investing" that I reckon should work here in the long run.

But first, a little about the investment landscape here. There are three main types of investor: Korean institutions, foreign institutions, and an unfortunate group of people known as "gaemideul" (ants). Gaemideul are ordinary retail investors and are mocked by the other two for buying crazy stocks on the back of rumors and messed-up logic. By way of example, Psy's dad runs a company called DI, which makes semiconductor wafers; when "Gangnam Style" became a hit, the stock price ran up from 2,000 won to 12,000 won. This was a gaemi stock – no serious investor would pay 12,000 won for it.

THE KOREAN STOCK MARKET HAS PLENTY OF SMALL COMPANIES, THOUGH, THAT THESE INSTITUTIONS CAN'T REALLY TOUCH BECAUSE THEIR SIZE IS SUCH THAT THEY CAN'T TAKE MEANINGFUL POSITIONS IN THEM.

When it comes to the big names — Samsung Electronics, Hyundai Motor and the like — institutions are able to take large positions in their stocks. If some bank wants to buy \$20 million worth of stock, that will still represent just a tiny fraction of the company; trading volume is also very high, so it wouldn't be too difficult to sell up if they changed their mind. The Korean stock market has plenty of small companies, though, that these institutions can't really touch because their size is such that they can't take meaningful positions in them.

That leaves them mostly to the retail investor, the gaemi. But because retail investors are usually interested in up-and-down "jak-jeon-ju" ("mission stocks" — as in, a rocket mission to Mars), they tend to overlook the good, steady ones. The result is that there are many unloved, undervalued firms on the Korean stock market that small investors can get involved in. A few years ago, Warren Buffett said that if he had less money, he'd just come here and invest in lots of Korean firms you've never heard of.

Then there are "useon-ju" ("preference shares" where I come from, otherwise known as preferred stocks). Many chaebol issued these preferred stocks, which are just like normal stocks, but without voting rights — this was to raise money without losing control over the company. They have the same economic value as ordinary shares, and you receive the same dividends (or even a little more) at the end of the year. But because they don't issue so many of them, they have the same problem that small companies have — big institutions can't buy them in any meaningful amount.

Retail investors ignore them, too, because they aren't as sexy as stocks like DI. And they have low trading volume, which scares people into thinking they'll never be able to sell if they need their money back in a hurry. This creates a vicious circle — because nobody trades them, nobody wants them. Over time, their prices have fallen far below the prices of their associated ordinary shares. For example, Doosan preferred stock (which, in the interests of fair disclosure, I bought a little of recently) trades at around 39,000 won, compared to Doosan ordinary stock which goes for around 130,000 won. It has exactly the same economic value, but is less than one-third of the price.

Doosan preferred pays a 3,050 won per share dividend as well. That means you are getting nearly an 8 percent return even if the stock goes nowhere. And it provides a cushion — if it went down, say, to 30,000 won, the 10 percent dividend would attract enough people back in and prop up the price. So I'll continue to collect the dividend, all the while hoping that value investing comes into fashion sooner or later, bringing a few people out of DI and into stocks like mine. I think of it as a no-lose situation — I'll either get the boring 8 percent (which is itself not bad), or a lot more once people realize how undervalued it is. **GROOVE**



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HISTORY

Column by Walter Stucke / Illustration by Cynthia Fernandez

A SHOW OF FORCE

America's first major encounter with Korea



● The history between the United States and Korea goes back approximately 150 years and has been at times tumultuous. But how did the relationship between Korea and the United States begin? The first significant interaction between two countries in 1866 was a bloody one, which led to subsequent fighting five years later. While the 1871 conflict between the United States and Korea was historically insignificant, the story is both interesting and meaningful.

America's first major encounter with Korea occurred in August of 1866 when the General Sherman, a merchant ship, vanished along with its crew in the Taedong River, located in what is now North Korean territory.

During this time, the United States was engaging in trade with China and Japan, and desired to trade with Korea as well. In addition to trade, America also hoped for a formal treaty which would officially call for the protection of shipwrecked sailors along Korea's coast — a protection they thought had



ABOUT THE WRITER

In this column, Walter Stucke interviews a historian to provide insight into the country's past. He has an MA in Korean History and lives in Busan with his wife. His opinions do not necessarily reflect those of Groove Korea. — Ed.

"KOREA WAS NOT GOING TO BE LEFT ALONE. IT WAS THE AGE OF IMPERIALISM AND EVERY COUNTRY WAS THE OBJECT OF ATTENTION BY THE MAJOR POWERS. IT WOULD HAVE BEEN 'OPENED' BY JAPAN ANYWAY, AND IF NOT BY JAPAN THEN BY RUSSIA OR POSSIBLY BRITAIN." –

Michael J. Seth, associate professor of East Asian and world history, James Madison University

been unofficially afforded before the General Sherman affair. Another American vessel named the *Surprise* wrecked along the coast of Pyongan Province (location of Pyongyang) in June of 1866 and the Korean government ensured the crew safe passage to China. The mystery of the General Sherman and the killing of its crew are more understandable when given a better understanding of the circumstances surrounding its demise and that of her crew.

When the General Sherman sailed up the Taedong River, it was met with much protest from the Korean authorities, as the Koreans had warned the Americans for several days that they did not have permission to explore Korea and her waters. This trespass became a fatal mistake when the Americans captured Lee Hyon-ik, the adjutant (staff officer) of Park Gyu-su — the governor of Pyongan Province. Due to the lack of survivors, it remains unclear as to why Lee was taken.

Regardless of the rationale, Lee managed to be rescued and the Koreans, no doubt at the behest of Park, intensified their attacks upon the American boat. After much struggle, the Koreans managed to set fire to the General Sherman and the crew, who jumped into the river to escape, were then killed by the Korean defenders.

Five years after the disappearance of the vessel, the events of that day were still unresolved in America. A New York Times article on Aug. 23, 1871, reported that, "the fate of the General Sherman has remained a mystery from that day to this." The article indicated that, following the disappearance, an American fleet, which was part of the Asiatic Squadron, commanded by Admiral John Rodgers went to Korea (Ganghwa Island, just north of present-day Incheon) with the intent of obtaining a treaty that would call for the cordial treatment of Americans shipwrecked upon Korean lands. In addition, the crew intended to investigate the whereabouts of the General Sherman. According to the article, the "barbarians" attacked Rodger's fleet on June 1, forcing him to demolish the Korean forces days later when the Korean authorities refused to apologize.

The Americans routed the Koreans on June 10 and 11, 1871. Another New York Times article from Aug. 22, 1871 reported that in an effort to "vindicate the honor of the American flag," Admiral Rodgers and his men set out to seek retribution for "the wanton and murderous attack on the United States surveying party (the June 1 attack)."

The New York Times continued its coverage of the conflict on Aug. 25, 1871. An officer working on the *Monocacy*, a ship in Rodger's fleet that saw action during the two-day battle, wrote a letter to a friend and boasted of how the United States "whipped the Koreans (sic)." The unnamed officer estimated that nearly 800 Koreans perished in the battle, compared with only three Americans dead and nine wounded. He described the battle style of the Koreans to be that of "wild beasts" who wielded "very bad" arms. In spite of the antiquated weaponry used by the Koreans, the American officer still could not "fancy" the low casualty total for his side, given that "(the Koreans) shot flew like hail" and was "so thick." He surmised that "poor aim" proved to be the chief culprit.

Groove Korea sat down with Michael J. Seth, who is an associate professor of East Asian and world history at James Madison University in Harrisonburg, Virginia, to discuss the two-day conflict between the United States and Korea in 1871. Professor Seth's expertise in East

Asian history, and specifically Korean history, is evident through the many articles and books that he has written on the subject. His most recent work is "A History of Korea: From Antiquity to the Present," published by Rowman & Littlefield Publishers (2010). He has also published "A Concise History of Modern Korea: From the Late Nineteenth Century to the Present" (2009) and "A Concise History of Korea: From the Neolithic Period through the Nineteenth Century" (2006).

There seem to be conflicting reports of what America's interests were with Korea before the armed conflict in 1871. In your opinion, what were America's primary interests in Korea in the 1860s and 1870s?

The U.S. had virtually no interest in Korea at this time, other than the promotion of trade and the protection of its nationals.

Why do you think the General Sherman incident occurred?

It apparently was a decision by the captain of the ship to try and engage in trade with the locals, but since there were no survivors we really don't have a clear idea.

What were the most important dynamics of the 1871 mission of the Asiatic Squadron (a group of American naval ships stationed in East Asia during the mid- to late-1800s) during the Korea Campaign? Do you believe that the Asiatic Squadron went to Korea with the intention of fighting, or that it was the unfortunate result of miscommunication?

The Asiatic Squadron was under orders from Washington to sail to Korea. The record is not entirely clear. One of the American officers wrote, "Our mission is a peaceful one," and the U.S. commander insisted that they only fired on the Koreans in response to being fired upon by them.

What seems to have been the intent was a show of force to obtain a promise from the government of Korea not to harm stranded Americans. And also a demonstration that Americans were not to be mistreated.

The U.S. press gave more bellicose accounts of it as an expedition to punish the "murderers" and "savages."

Why do you think the two-day armed conflict occurred in 1871 between the United States and Korea?

The Americans claimed they were returning fire. The subsequent dismantling of fortifications was to be a display of U.S. strength.

What, in your opinion, would have happened differently in diplomatic relations between the United States and Korea if the 1871 armed conflict had not occurred? Do you believe that the conflict increased or decreased the time it would have taken for diplomatic relations to exist between the United States and Korea?

Probably not much would have been different. Neither; it had little effect. When Korea showed a willingness to open diplomatic ties a decade later, the U.S. did so and the two countries quickly established amicable relations.

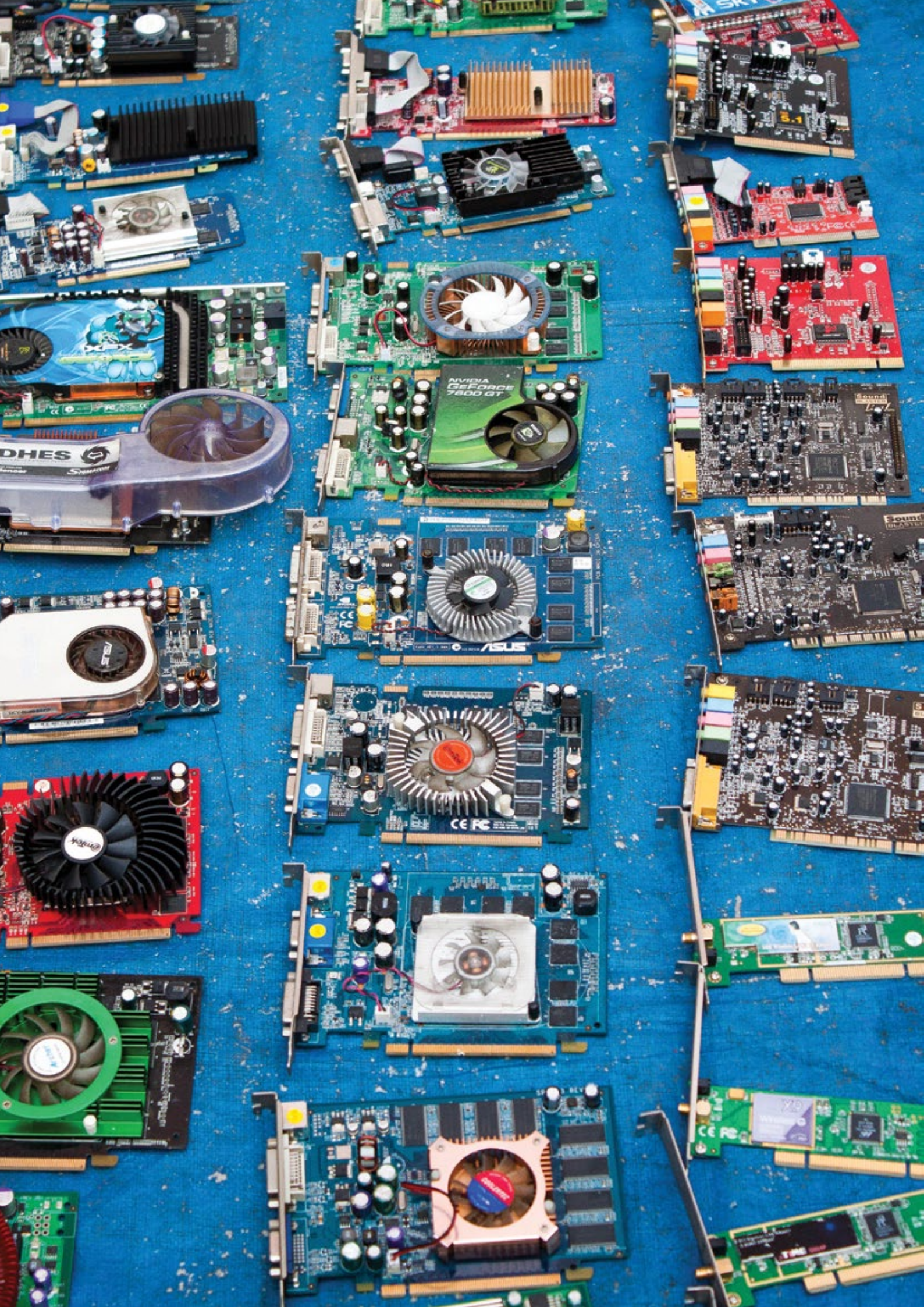
Do you believe that the 1871 conflict contributed at all to the signing of the Treaty of Amity and Friendship between the United States and Korea in 1882?

I don't think it had much effect on U.S. foreign policy. "The Little War Against the Heathens" did receive considerable press coverage and made Americans aware of Korea, but so did William Griffis' book "Corea" published in 1882. Neither shaped American foreign policy, which was simply to establish diplomatic and trade relations in the Pacific.

In your opinion, if the United States never had the Korea Campaign of 1871 and just left Korea alone, what would have been different in Korea's history?

Korea was not going to be left alone. It was the Age of Imperialism and every country was the object of attention by the major powers. It would have been "opened" by Japan anyway, and if not by Japan, then by Russia or possibly Britain.

As interesting as it is, I don't believe the 1871 conflict had much effect on the course of Korean history. **GROOVE**



BARGAIN HUNTER'S BLISS

Scouring Seoul's 6 best flea markets

Story and Photos by Belle Nachmann

● Strolling through an electronics market in Dongdaemun on a Sunday afternoon, we suddenly find ourselves thrust into a sea of plastic chairs by a cheeky old ajosshi turned self-proclaimed taekwondo champion, who later threatened to fight us. We find ourselves immersed amid old, red-faced stallholders in a makgeolli tent, with seemingly nothing better to do than to eat ddeokbokki and lecture us about marriage and employment.

As the alcohol goes straight to our heads, we can only laugh hysterically and guess what banter is going on around us. This is just one of the many things that can happen in Seoul's traditional and flea markets. Beyond just housing great shopping bargains, the sights, sounds, smells and tastes are infinite.

Here are six of Seoul's coolest markets, some of which even the most seasoned of expats haven't heard of.

HWANGHAKDONG MARKET

The mother of all flea markets, this market at Dongmyo Station attracts the masses and sprawls across numerous suburbs. You can easily spend an entire day here, and there is virtually nothing you can't buy. There's also a food street selling delicious pajeon, as well as old women touting bondeggi — if you can handle the smell. Wandering the streets of Hwanghakdong, I wonder about the stories behind the thousands of faces I see. Do these sellers come here to hover over their picnic blankets every day? Do they really think their Ray-Bans look real? Where does all of this stuff come from? Has the bag of old clothes I put out on the street last weekend made it here yet?

Golf clubs, shoes, bags, fishing rods, watches, furniture, Jeju harrubong statues, clothes, antiques, appliances, old magazines, shoes, glasses, backpacks, North Korean money, tripods, other camera equipment and a myriad other knickknacks are on offer. We even saw a few dusty blue pills of Viagra.

If you want to get involved, simply throw down a blanket amid the throngs and remember your Korean money denominations.

When/where: Open every day from 9 a.m. to 7 p.m., though Sunday is the best day to go. Take lines 1 or 6 to Dongmyo Station. Double back out of exit 3, and the market will be on your right.



SEOUL FOLK FLEA MARKET

Each aisle of this impressive two-story market brings something eclectic and new. We playfully strum out-of-tune guitars one minute before gawking at sea turtle taxidermies around the corner. After attempting to search for a nice leather rucksack, I am so dusty, exhausted and overwhelmed by the car-sized pile of used knockoff designer handbags that I simply give up. I doubt the ones at the bottom have ever seen the light of day.

The Seoul Folk Flea Market is also a great place to pick up leather goods, hiking gear, clothes and Korean music CDs, if that's your thing. There's also an interesting section of army supplies, with its freeze-dried foods, camping stoves, knives and other outdoorsy gear.

The market is well organized, with ATMs and signs in English. Here you can easily end up with a bargain, or at least grab a cheap and cheerful bibimbap in the food section.

When/where: Open every day from 10 a.m. to 7 p.m. Closed every 2nd and 4th Tuesday of the month. Take lines 1 or 2 to Sinseol-dong Station. From exit 10, walk straight and take the first left. The Seoul Folk Flea Market is down the second road on your left.





GWANGJANG MARKET

Gwangjang Market is predominantly a food market. At times, you'll see piles of every sort of kimchi tower above you and dried fish hang from the rafters. There are also traditional stalls selling made-to-order hanbok gowns and various other goods, but what you really come here for is people watching. Steam bellows from giant hotplates run by the old women cooking endless amounts of Korean pancakes. Ajosshis smoking pipes, families queuing up for lunch and halmonis chopping up pig's trotters into edible sizes are among the interesting characters here. If you're game, take a seat at one of the lunch stalls and do your best to avoid the blood sausage and various animal appendages.

When/where: Open every day, 7 a.m.-10 p.m. Take line 1 to Jongno(5)-ga Station. From exit 8, the market is straight ahead and on the right.

SEOUL GLOBAL CENTER'S FOREIGNER FLEA MARKET

This foreigner flea market requires that at least one foreigner mans each stall. While the majority of stalls appeared to be entirely Korean, there were international stalls with vendors from Poland, Nepal, India and the U.S., to name a few.

The goods range from secondhand clothing to potted plants and even craft stalls for children. The market is very family friendly, even with a bouncing castle. To sell anything from secondhand goods to homemade hummus, registration is easy and free. Just email chrismo07@sba.seoul.kr for more details.

When/where: Venue and dates vary. Markets are usually held fortnightly. For more information, visit www.global.seoul.go.kr.



SEOCHO FOLK FLEA MARKET

For this outdoor market, you'll need to get your elbows out. Ajosshis and ajummas make up the majority of the bargain hunters here, and they are ruthless. Pushing, shoving and throwing heaps of clothes around are just a few of the behaviors you will encounter.

At this market, I quickly learned that if I wanted a bargain, I needed to fight for it. As I inspected the sleeve of a jacket that I was considering, a lady tugged at the other end to let me know that until won is exchanged, ownership is yet to be established.

Merely looking at an item usually attracts more interest — and if a few people stop to have a look at a particular stall, the carnage turns something you might see on the National Geographic channel.

But don't let this discourage you. Through the madness some gems can be found. Vintage Nike and Reebok trainers, secondhand designer bags and various household items can be scooped up here. The locals have spring-cleaned and are setting up on picnic rugs in the streets to reclaim a buck on their unwanted purchases. For the timid, simply people watching and moseying around for the odd treasure is often pleasure enough. However, if getting involved is more your thing, grab your suitcase of items collecting dust in your apartment and set up shop. It's free and you can register at www.seocho.go.kr (Korean only).

When/where: 9 a.m.-3 p.m. every Saturday, year-round, weather permitting. Take lines 2 or 4 to Sadang Station. From exit 13, take any of the streets to your right. The market runs parallel to the main road.



FILIPINO MARKET

This small food market is quaint and full of delicacies you can't find at many other places in town, such as the Filipino street snack called balut — a hardboiled duck egg with a fertilized embryo inside.

If the balut isn't to your taste, there are many other treats to be munched on. Deep-fried banana fritters, chicken or pork sticks, noodles, spring rolls and curries are all cooked in the streets and devoured in temporary Southeast Asian-style plastic furniture restaurants.

You can also shop for Western toiletries and foods such as deodorants, shampoos and hard-to-find prizes including sausages, mangos and root beer.

When/where: Every Sunday from 9 a.m. to 5 p.m. Take line 4 to Hyeohwa Station. From exit 1, the market is straight ahead.



Other markets around Seoul

TTUKSEOM RESORT FOREIGNER FLEA MARKET

Household items and secondhand clothes. Contrary to its name, there are very few foreigners who frequent this fair.

When/where: Every Saturday from 10 a.m. to 4 p.m. Take line 7 to Ttukseom Resort Station, exit 1 or 2.

JUNGANG TRADITIONAL MARKET

Great market for fruits, vegetables and groceries. At the back, near Dongdaemun, is a market for secondhand appliances and tech gadgets.

When/where: open every day from 9 a.m. to 6 p.m. Take lines 2 or 6 to Sindang Station, exit 2. The entrance to the market is on your left. **GROOVE**





SAPA, VIETNAM: THEN AND NOW

Tourism changes this former frontier town
Story and Photos by Elizabeth Groeschen

● **Sapa, VIETNAM** — We sat on plastic chairs big enough for a 5-year-old while drinking warm beer on a broken sidewalk in Hanoi. It was 2008, my second night in Vietnam after nearly two years in Korea. The Aussies sitting to my left mentioned a trek and homestay they had just signed up to do. My ears perked up.

"What's Sapa?" I asked, intrigued to hear of a destination in the North that was not on my "must see" list.

"We don't know, but we're going ... Want to come?"

I agreed, and off we went.

In the end, my time in Sapa was the highlight of my three weeks in Vietnam. But when I returned in 2012, it lacked a lot of what I fell in love with only four years before.

So what's changed?

Then: Black Hmong women surrounded us before we got out of the van to begin our trek. The women were anxious to sell us their handmade wares or take our hand. Little did we know that they were claiming possession of each of us for the trek up into the hills, each with the expectation that we would buy their goods at the end of the day.

Now: Tourists are put into a group of 15 to 20 and given one Black Hmong girl as their guide. Then everyone, all at once, is led out of town by foot to begin the trek.

Then: None of the Black Hmong women on our trek spoke English. Wordless communication flowed back and forth between them and us. They pointed to rocks with their umbrellas and held out their hands when crossing slippery rice paddy ridges. We smiled and squeezed their hands in thanks.

Now: Nearly every Black Hmong woman spoke at least a little bit of English. As our trek was in the dry, harvest season, they walked alongside us and asked the same questions: "Where are you from?" "How old are you?" "Are you married?" With the lack of muddy, slippery trails to distract them, they fashioned straw animals as we walked.

Then: Four of us, including our guide, had a quiet lunch at a small makeshift snack shop while we watched men strap a pig onto the back of a motorcycle. They laughed as I photographed them, amused by my amusement.

Now: Fifty trekkers were led into a restaurant where we

could select which soda or beer to drink with our package deal of pre-ordered fried rice. The Black Hmong women descended upon us to try and hawk the goods that they had been carrying in their purses and baskets all along. Most trekkers who were caught within the war of saleswomen politely declined, although some caved in and bought a bracelet or two.

Then: After lunch, we descended a mountain so slick with mud, it would have been easier to sit and slide down to the bottom. We were all covered in mud by the time we made it to our homestay. The women of the house smiled and demanded our shoes, immediately getting to work on cleaning them. While this happened, we took turns bathing by way of a bucket of cold water in the outhouse.

Now: We leisurely climbed up a well-trodden, clearly marked trail, stopping for breaks repeatedly before we arrived at a homestay that felt more like an impersonal guesthouse. We were directed to rows of beds in the loft where we could dispense of our backpacks, and then were told there was hot water if we would like to clean up before dinner. Dinner was not shared with those who lived there. It was delicious, but the experience lacked that warm feeling a good homestay tends to give you.

Then: We played with the children, while the mother and grandmother of the house prepared dinner. When it was ready, we all sat down around the table and ate the best home-cooked Vietnamese meal I've ever had, which was served family-style. After dinner, the father and grandfather brought out the rice wine, seeming delighted that we loved their food and company.

Now and Then: I woke up the next morning with new friends and a camera full of pictures of a lifestyle that differed greatly from my own. Both visits were wonderful and I would still recommend a visit to anyone in the future, but I have a feeling that getting the unique experience I got four years ago is quickly giving way to the rise of tourism in and around the area.

Go now, go quickly, and seek out a guide who specializes in small groups and homestays that are off the beaten path. **GROOVE**

THE UNIQUE EXPERIENCE I GOT FOUR
YEARS AGO IS QUICKLY GIVING WAY TO
THE RISE OF TOURISM
IN AND AROUND THE AREA.



A DAY IN THE WEST BANK

Searching for meaning in a divided land

Story and Photos by Elizabeth Groeschen



● **West Bank, PALESTINE** — We arrived at the Palestinian refugee camp Aida to the smell of tear gas. I had to quickly cover my mouth and nose with my scarf. “You picked a good day to visit!” our host exclaimed with a wry yet genuine smile.

Cans once full of tear gas lay empty on the main road. I bent down to photograph one, but before I could, a child grabbed the empty can and raised it

above his head in triumph for the picture.

We had met a French filmmaker in Petra, Jordan, who was volunteering at a local non-profit organization called the Alrowwad Cultural and Theater Society. This new friend, Julie, was working on a documentary film on the lives of three teenagers living within the camp’s walls. She had readily invited us to visit her in the war-torn Palestinian territory and offered to show us around.



AWAY FROM THE WALL, THE STREETS WERE BARE. MURALS ON THE WALLS REQUESTED THOSE WHO LIVED INSIDE COMPLETE THE HAJJ. THERE WAS STREET ART DEMANDING PALESTINIAN RIGHTS, AS WELL AS PARTY STREAMERS THAT WERE STILL UP TO COMMEMORATE ONE RESIDENT'S RECENT HOMECOMING FROM AN ISRAELI PRISON.



Before meeting Julie to enter the camp, I spotted a Banksy on the wall opposite the Intercontinental Hotel and quickly scampered across the road to photograph it. The hotel was just a few feet from the entrance to the camp that, according to the Palestinian Central Bureau of Statistics, is home to more than 3,200 refugees. Aida Camp is situated between the Israeli Security Wall and Bethlehem in Central West Bank.

When we arrived, Palestinian men and children had gathered near the Security Wall, trying to figure out who had stolen a security camera from the structure. We were told — on the Palestinian side — that the Palestinian refugees were working with the Israeli guards to find the camera. The following day, however, an Israeli newspaper held a report of a teenager who was hospitalized because of live Israeli fire into the Palestinian side.

On the day we visited, the camp was on the quiet side. I didn't see a single woman outside of her home, and most of the men were gathered near the Security Wall. Away from the Wall, the streets were bare. Murals on the walls requested those who lived inside complete the Hajj. There was street art demanding Palestinian rights, as well as party streamers that were still up to commemorate one resident's recent homecoming from an Israeli prison.

Stickers plastered throughout the camp proclaimed, "The Right to Return Home is Inalienable." I reflected on having moved from America to Korea five years ago and what it might be like if I wasn't allowed to return "home" to Kentucky.

After our tour, Julie had to leave us to meet up with her aspiring filmmakers, and we had to get back to the other side of the wall to catch a bus across Israel. We breezed through the Church of the Nativity in the heart of Bethlehem, reeling from our afternoon in the camp and wondering if the security camera would ever show up.

Two checkpoints lay between the West Bank and Jerusalem. We were back on the Israeli side in less than 15 minutes after boarding the bus, and free to use our passports to travel nearly wherever we liked — something the Palestinians in the West Bank long for. **GROOVE**



MORE INFO

Alrowwad Cultural and Theater Society
www.alrowwad-acts.ps



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설리번 어린이 영어스쿨



www.sullivanschool.co.kr

admission@sullivanschool.co.kr

543-4 Sinsa-dong, Kangnam-gu, Seoul

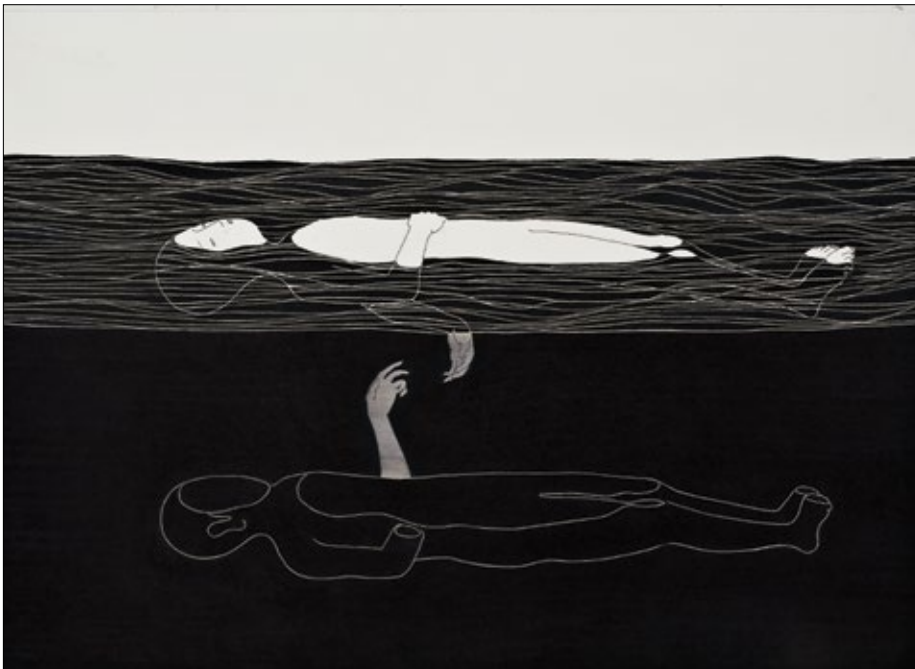
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MOONASSI: DRAWING ON LONELINESS

An artist's evolving oeuvre, fed by feigned sleep and sessions with strangers

Story by Emma Juno Sparkes / Artwork by Moonassi

● Korean artist and illustrator Daehyun Kim, a.k.a. Moonassi, is an artist on the rise. Despite his incredibly quiet and humble manner, he carries himself with confidence when discussing his work — and so he should. His work has caught the eye of The New York Times, which asked him to contribute two illustrations earlier this year; he has his own line of Moonassi Lomography cameras and he has designed illustrations for German cassette tape label sicsic. His simple, monochromatic ink drawings have a passionate following, with at least two fans having Kim's surreal illustrations tattooed on their bodies. The artist, native to Seoul, is back home after a stint in Vienna working as a designer for the Lomographic Society International. Coming home to pursue his true passion, drawing, the artist suggests meeting at his favorite café, a hip Sangsu-based establishment named Yiri, to discuss faking sleep, meeting strangers and traditional Buddhist painting.



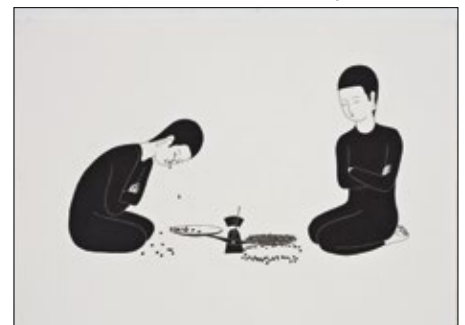
자꾸만 네가 떠올라, Sinking of you



둥둥 내사랑, Oo, darling



네가 좋았던 순간, The moment that I loved you



경쟁하는 슬픔, Tear drop competition

Groove Korea: What do you do for a living?

Daehyun Kim: I used to work in the design industry for a living but drawing was more important to me than work so I thought, "I can do this." When I was young, 25 or 26, I wanted to go abroad to study in Germany. Now it doesn't matter where I am — Germany or Vienna or Korea — because I know what I want to do. I want to make a living through my artwork some day but it isn't easy right now. I'm considering selling prints of my work in the future.

Where does the name Moonassi come from?

It was originally just my internet ID. Actually there's no such word in Korean but I created it as an alternative reading of the word 無我 (무아, moo-ah), which means ecstasy, selflessness, or absence of ego. In 2007 I published a collection of my essays in a book titled "Monologue," and I was selling it at this café. I wrote my name as "Moona" on the cover of the book and people started to call me "무나씨" (Moonassi). It seemed to me that people were accepting me as an artist for the first time. I felt like I'd acquired a new identity.

What was your book about?

I don't want to talk about that. (Laughs.) There were only 100 copies. I sold 50 in the café and I gave 50 away to friends and acquaintances. But it was horrible, teenage writing. When I meet old friends they always tease me about that book.

"MY WORK IS CHANGING, IT'S IN PROGRESS. AS A WHOLE, THOUGH, I DON'T KNOW WHAT MY WORK IS ABOUT. I HOPE THAT ONE DAY I'LL BE ABLE TO SEE THE FULL PICTURE, TOO."



동굴동굴, You are (a) mine



밤에, Part of universe



외로운 장면, Draw a curtain

So what made you move back into art?

In writing, you need to describe everything in order to communicate something, but in a picture you can make it more vague and people can interpret it however they want. I find it more enjoyable than writing because I don't need to say "this is right" or "this is wrong." But on the other hand, people don't know my intentions, so if someone interprets my work in a certain way then I can just say, "Yes, you're right." (Laughs.)

What is your work about?

It used to be about the relationships between me and others, or various conflicts inside me. Now I'm drawing more about being, about time, loneliness. So my work is changing, it's in progress. As a whole, though, I don't know what my work is about. I hope that one day I'll be able to see the full picture, too.

You said in your interview with *Peut-être* magazine that when you lack inspiration, you try to meet strangers. How do you go about meeting strangers and how do they usually inspire you?

I don't literally go out to meet strangers, but when I was living in Vienna, there were more opportunities to meet strangers than when I lived in Seoul. I realized that it's good to talk to people who don't really know me because when I'm with strangers, I don't feel the need to be the man I was, but at the same time, I have to think about who I really am. When you are with your family, for example, they know who you are. So sometimes you have to be that person. But when you are with strangers, you can be that person or you can be anyone else. So this difference between who I am when I'm with those who know me and who I choose to be when I meet new people, from those kinds of moments, I can see the differences between what I am supposed to do and what I want to do. Those kinds of differences give me a lot of inspiration.

Can you tell us about a drawing of yours that means a lot to you and tell us the meaning and inspiration behind it?

My favorite drawing is "외로운 장면" ("Draw a Curtain"). It is the picture in which I communicated the feeling of loneliness most simply. Loneliness is the most inspirational emotion for me.

Why?

Because it's very hard to be lonely. Nowadays people are always doing things to avoid loneliness. They're always looking for something, doing something or meeting people to forget about the fact that they are alone. I also find it difficult to be alone but on the other hand, when I'm alone, I can get more ideas and inspiration. That's possibly why most of my ideas come to me when I'm taking a shower or just before I go to sleep – those moments are the only times I can be by myself.

What is your creative process?

I usually sketch what's in my mind before I go to sleep. On another day, I look over the sketches and if I find something good, I begin to draw it. When I draw, even if I had a specific idea initially, I enjoy twisting it and giving the drawing a completely different meaning in the end. Technically, there's nothing special. I just try to draw a line where I want to draw it, and try to fill in the space with black ink without making any mistakes.

I think this process is why I can't sleep, though. I always have to get up to sketch. So sometimes when I need inspiration I pretend to go to sleep.

Does that work?

Yeah, yeah. You should try it. (Laughs.)

You said you like to play with your characters. Do you ever feel sorry for them?

No! I even cut them. No. It's okay. They have no feelings. That's why they always have the same face.

Yes, their faces are quite distinctive. Was this style affected by your studies of traditional Korean painting at university?

Yes. Our professors pushed us to modernize traditional Korean paintings. They taught us to think about what Korean paintings were and how to make them contemporary. But it was too much pressure for the students. I just decided to ignore what they said and it allowed me to develop my style. I was largely inspired by old Buddhist paintings. The style of face, the fine line drawing, it's from old Goryeo and Silla Dynasty Buddhist paintings. I don't want to say it's specifically Korean painting, though, because all East Asian countries share this style of drawing.

What would you consider to be your biggest achievement so far?

That I still continue to draw somehow is the biggest achievement so far.

You have had your illustrations printed on lomography cameras, featured in *The New York Times* and exhibited your work both in Korea and abroad. Do people in different countries have different reactions to your work?

What I feel about people in other countries is that they don't hesitate to express their feelings and interpretations of my drawings. I've received emails of encouragement from all over the world. That is something I have never felt when I have had exhibitions in Seoul. No one in Korea sends me any emails. Even if they like my drawings, they never contact me. So when I received lots of emails from people from Europe and the U.S., I was very shocked. If I liked that poster, for example, I wouldn't contact the designer. I think Western people do this, express their feelings about artworks. I think Korean people are shy, like me.

What do the emails say?

Sometimes they just briefly say, like, "I like your drawings," but sometimes, they are more in-depth. For example, yesterday I got an email from a musician in North America telling me that she wrote music that was inspired by my work and she included some of her thoughts about my drawings. It made me feel like... I'm not the only one who feels like this. When I draw, I feel certain emotions but I didn't know that other people also feel the same way. Also, when I wrote that book, I used to sit in this café and get inspiration from other artists and musicians. At that time it was close to Hongik University. Artists used to sell their books, products or CDs and they sometimes had live music. It made me want to produce something as an artist to inspire others. It motivated me.

GROOVE

ARTIST'S
JOURNEY

By Wilfred Lee / Photos courtesy of JoshRoy

INTERVIEW WITH: JOSHROY REGGAE ARTIST

● Born in Uganda into a musical family — his mother is a celebrated singer, his brother, a producer, and his sister, a deejay — renowned reggae artist JoshRoy has collaborated with artists both in Korea and abroad. Since arriving in Korea in 2006, he has performed his original fusion reggae music up and down the Korean Peninsula. Artist's Journey's Wilfred Lee sat down with JoshRoy to talk about the local reggae, discovering abstract art and making music for the everyday valentine.

Groove Korea: How did you first become interested in making music?

JR: I should say, Africa is so musical. I grew up in a Christian family, so you had to go to church every Sunday. There's no Sunday I didn't go to church. We had to be there and sing in Sunday school. Sunday school is all about singing. So, I was so involved in singing from the time I started understanding what was going on.

My mom was a choir director, so I could see people in our house, singing, and I'm sitting in her lap while she's directing the choir. The music started growing. So I started, at 7, leading the kids' choir. I listened to the radio. I could sing each and every song. So it was basically inborn talent.

Even today, you're one of the few performers of reggae in Korea, but what was the music scene like when you first came here?

(When I first came here) the music part was something really unthinkable, something I didn't even think about. I knew Korea was on the international standards in terms of music, they have really good production of videos. So I was like, okay, cool. I'll live in Korea and all I will do is record songs for the future, and then when I go back home, that's when I'll start releasing them. Truly, at that time, I think there was nothing going on. Then, eventually things started getting better in 2008. I was getting to know a few people who were into these things, we started working on this music, and that's how things started.

You actually studied fine arts at university, not music. What has making art taught you?

I was always the best artist in class from kindergarten. I could draw things, and someone could not differentiate it from a photograph. Kids used to call me "Camera." So when I went to university, I kept on doing this. When it came to doing portraits, it was real. When it came to landscapes, it was amazing.

But one of the lecturers didn't like my work. He was like, "Okay, you're good, but I won't say you're really good, be-

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cause everyone does realism. We've seen so many people do this better than you do. But what more can you communicate to us?"

I started hating him. I didn't know what he wanted. He really praised the worst students, the ones who'd never even touched a pencil. He wanted us to start doing abstract art, showing what really was in our mind. And then I started enjoying this, and I started developing another kind of skill out of this.

When you're making music, where does the inspiration come from?

Usually it depends on how I feel. How can I really describe it to the people? I come up with just one line — one line starts everything. I should give you an example. For my song, "Valentine," I asked a question to a few people about how they feel about (the word) valentine. A few people started going on about Valentine's Day. But then other people said, "A valentine is love." So I thought, okay, I'm going to write a song about valentines, and I want the people who really don't know about it to get it from this song, about a valentine being an everyday thing, about love having to be new every day.

Is there such a thing as a sad reggae song? It seems so upbeat.

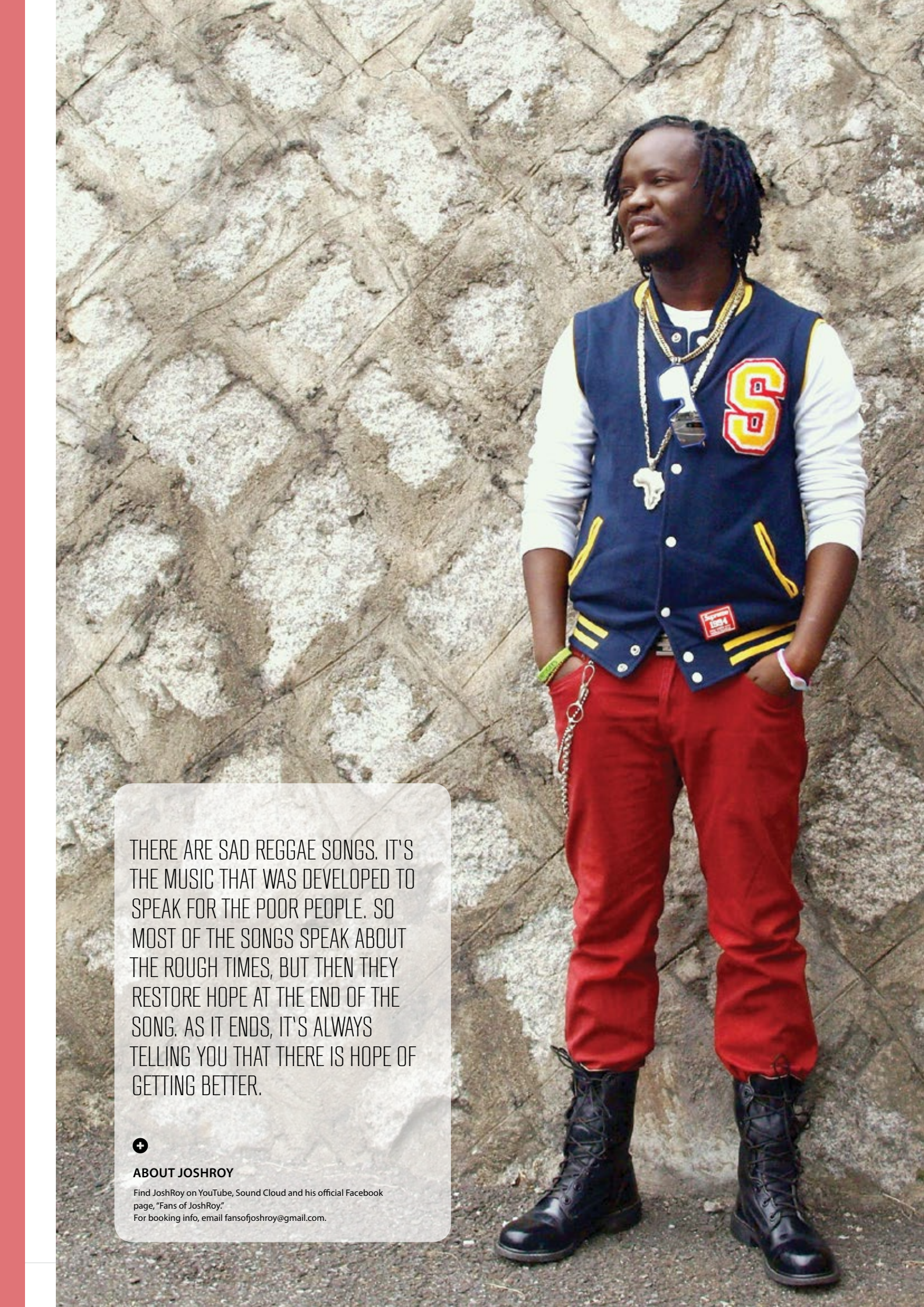
There are sad reggae songs. They could be even up-tempo. It's the music that was developed to speak for the poor people. The reason you realize it's always a happy kind of music is because it has to make people happy, out of sadness to happiness. Life was really hard, so people always wanted to have a good time. People set up sound systems outside, like at the subway, and people came from everywhere and started dancing to the music.

After that, the artists themselves started speaking out for the poor people, telling the government to look at them, "Come and take care of us, we're also a part of you." So most of the songs speak about the rough times, but then they restore hope at the end of the song. So you listen to the song, and as it ends, it's always telling you that there is hope of getting better. **GROOVE**



ABOUT THE WRITER

Interviews for this column are by Wilfred Lee, and transcribed and written by Alison Hjelseth. Artist's Journey brings you daily doses of inspiration, including weekly podcasts featuring artists from around the globe. Learn more at facebook.com/myartistsjourney or www.artistsjourney.org. — Ed.



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ABOUT JOSHROY

Find JoshRoy on YouTube, Sound Cloud and his official Facebook page, "Fans of JoshRoy."
For booking info, email fansofjoshroy@gmail.com.

GOT TALENT?

Korea's first multicultural talent competition

By Daniel Kang / Photos by Luc Bonnici

"I THINK MORE THAN ANYTHING ELSE, IT'S BEEN SEEING THAT MULTICULTURALISM EXIST IN THE MUSIC SCENE ALREADY THAT HAS INSPIRED US TO PROMOTE TOP TALENT AS A MULTICULTURAL EVENT." — C.J. Allen, judge and Seconds2Impact CEO

THE JUDGES

Left to right: judge Punita Bajaj, host Elliott Ashby, judges Sam Hammington, Bronwyn Mullen, C.J. Allen



● Competitors in “Top Talent” ought to keep the name Sydney Langford in mind. “I was made for the stage! I just want to perform again. There’s nothing comparable to that feeling of being up there,” she says. This 25-year-old from Chicago intends to blow the competition away for this multicultural talent competition, the winner of which will perform onstage at the Green Groove festival this summer and receive a 1 million won cash prize.

Langford is also competing in a show called “Dancing 9,” where she successfully made it to Round 2 of the competition. “I’m not bringing any K-pop hand dancing or B-girling to the stage. I think my audition will be different from any others — something refreshing,” says Langford, who honed her dance skills through years of experience at Stage Door Dance Academy in Oak Forest, Illinois.

The registration for Top Talent closes May 31, with auditions starting on June 29 at Haechi Hall, the Seoul Global Culture and Tourism Center in Myeong-dong. All acts will have 90 seconds to perform onstage in front of the judges. Groove Korea is one of the event’s sponsors.

Instead of being broadcast on Korean television, “Top Talent” will air online as a web series, allowing individuals with all types of work visas to have the opportunity to participate, say the organizers.

Of course, one of the most critical components of any competition is the judging panel, which decides if contestants will get a “yay” or “nay.” Judges C.J. Allen, Sam Hammington and Punita Bajaj sat down with Groove Korea to talk about what it might take to bring home the prize.

C.J. Allen, media industry CEO

C.J. Allen is a media specialist hailing from Canada, and is currently using his trained eye for spotting talent at Seconds2Impact, a media company that aims to find and promote promising talent both in Korea and abroad. I asked him what the special ingredient is that catches his attention. “It’s possible to train someone to hone their talent or skill, but having a stage presence — an ability to captivate a crowd or audience — is difficult to teach. I think that’s what a lot of talent scouts or promoters mean when they say an act has ‘it.’”

When asked about the inspiration behind this new show, Allen cites the abundance of multicultural talent as the main catalyst. “I think, more than anything else, it’s been seeing (how much) multiculturalism exists in the music scene already that has inspired us to promote “Top Talent” as a multicultural event.” Considering that shows like “Star Audition: The Great

Birth” naturally gravitate towards the locals, a show that includes the expat community would seem to be an excellent strategy if people in the industry hope to discover some of the unknown talent in Korea.

“For me, it’s the bizarre and the ridiculous that can potentially be the most entertaining,” says Allen. “Those are the people that might actually have something!”

Keep in mind, however, that the stage measures 290 by 600 cm, so this probably wouldn’t be the best time to reveal your favorite Evel Knievel routine. Allen mentions that “Top Talent” will be an online contest.

By taking the show off of television and onto the internet, the organizers hope to create a platform for foreign performers whose visa restrictions might otherwise prevent them from being paid for a television appearance. Given that social media has created opportunities for exposure that never existed in the past, “Top Talent” aims to target hidden gems that would have previously gone unnoticed — the English-speakers who never thought of entertainment as a serious career option in Korea.

Sam Hammington, comedian

As the first foreign comedian to bypass the language barrier with his superior Korean abilities, Australian personality Sam Hammington also has the distinction of being the first foreigner to appear in the popular comedy show “Gag Concert.” Sam was kind enough to drop some nuggets of knowledge and advice for aspiring acts out there.

“The first thing I will be looking for is a passion to be performing,” he explains. “Being talented is one thing, but to enjoy doing it is a whole other ball game. Sometimes it takes a little extra push to get someone to that extra level, but without the passion and enjoyment it will never happen.”

What is the key to impressing this judge? Sam sums it up quite succinctly: “Basically, anyone that can make me laugh. (By) nature I don’t laugh a lot, unless I find it incredibly funny. That is the key to getting a thumbs up from me!” Here’s a critical note: Any routine that involves Lil Wayne is a cardinal sin. “Please perform another song for me to be able to assess your abilities. Because anything by Lil Wayne is garbage, and I can’t tell how good or bad you were.”

Punita Bajaj, singer, “Great Rebirth 2” finalist

To anyone who watched “The Great Rebirth 2,” another member of the panel, Punita Bajaj, is both a familiar face and a familiar voice. For those who do not follow Korean talent shows,

Bajaj made it to the top eight in the second season of “Star Audition.”

Hailing from Los Angeles, the amazing singer stresses that the key is to simply perform just like you practice. “When you go on stage, don’t try to be all ‘I’m going to show them all I’ve got’ and try to sell yourself, because it wouldn’t (turn out well).”

Great advice, as this seems to be a stumbling point for many performers who are unaccustomed to the cameras.

“I think many people assume that if one has a wide vocal range, then automatically he or she is a great singer,” says Bajaj. “This is not necessarily true. I believe everyone has their own style, so if they just stick to what they’re good at and emphasize on that ‘specialty,’ then I don’t think we would see many people struggling to hit those high notes.”

For those of you deliberating about whether to hit that register button or not, here are a few words of advice.

Sam Hammington: “Get up there and give it a go! What have you got to lose?”

Punita Bajaj: “Dear Contestants, I hope you have amazing performances ready for us. Remember, practice makes perfect! Dear Fans, “Top Talent” is a great opportunity for Korean-Americans here in Korea to let their voice be heard in whatever their gifts may be. So show some love, and I hope y’all stay in tune!”

GROOVE



REGISTRATION

Online registration is open through May 31. You must be 12 years of age or older.

AUDITIONS, AUDIENCE, TICKETING

Auditions will be held at 11 a.m. on June 29 at Haechi Hall, the Seoul Global Culture and Tourism Center in Myeong-dong. They are open to the general public. Tickets cost 5,000 won and will be sold on audition day on a first come, first serve basis. Audience sittings will last 30 minutes — one round of auditions.

PRIZES

The winner will receive the opportunity to appear on stage at the Green Groove festival in September, a VIP table voucher from Club Able in Itaewon valued at 550,000 won, a 1 million won cash prize and an article in Groove Korea.

WHO’S ELIGIBLE?

Anyone 12 years of age or older can compete. Competitors are not limited to singing. The competition is open to any talent, from comedians, puppeteers and belly dancers, to choirs and contortionists.

ROCK 'N' ROLL
SEOUL

By Sophie Boladeras / Photo by Corey Lajeunesse



THE FASTWALKERS

Six fast questions for five expat musos

● The Fastwalkers are comprised of five guys from different parts of the world who came together in 2010 for the love of all things rock 'n' roll. Due to the transient nature of the expat lifestyle, they have had some disruptions with band members coming and going. Now, though, they have a solid five-piece band and play regularly at popular venues around Seoul.

Their current solidity and creativity have seen their music progress toward an edgy, solid groove doused with funk, elements of classic and hard rock. Who knows if these musicians are talented speed Walkers? But they definitely put on a brilliant live show, and often perform to raise money for a range of good causes.

We sat down with David Singer, the bassist, to talk about the band's past, present and future.



ABOUT THE WRITER

Rock 'N' Roll Seoul is a monthly column that throws the spotlight on one of the bands in Korea's pulsating rock scene. Have a band suggestion? Email mattlamers@groovekorea.com. — Ed.

THE FASTWALKERS

Nick Roy, Canada – vocals / Craig Rhodes, U.K. – lead guitar / Sean McKinney, U.S. – drums
Trevor Kelly, Canada – guitar / David Singer, South Africa – bass / Past members: Cory Clow, Adam Carragher

Groove Korea: I guess the band's name actually has little to do with your walking abilities.

David Singer: The name actually came from a mutual interest in the UFO phenomenon. Fastwalkers were an old military term for UFOs.

You have done a few charity gigs. How did you get involved?

We've played for a bunch of charity events, and we're usually approached by other bands or friends to participate, which we always accept. Some that I can remember are 우리학교 (Our School), which supports a North Korean school in Japan that doesn't receive government support from North Korea, Japan or South Korea. I believe the school relies entirely on charity for funding.

We recently played for a PSCORE (People for Successful Korean Unification) fund-raiser. This is an organization that is "dedicated to improving the human rights situation for North Koreans and to establishing a unified Korean Peninsula."

Our drummer, Sean, is also involved in "The b.i.g. Seoul Party Project." This small charity throws parties at bars around Itaewon and has raised money for the Ansan animal shelter, a soup kitchen for the homeless, Movember and even helped to fund a heart transplant for a 7-year-old Korean boy at Ansan Hospital.

How did you meet each other and form the band?

We initially formed in early 2010, although our members have changed since then. We spent a couple of months stringing a few cover songs together and were then invited to play our first gig for a friend's charity event in Itaewon. Fast forward 18 months and we're joined by Canadian Adam Carragher on guitar and vocals. We're having thrice weekly practices and playing mammoth three-hour sets as the house band at a bar in Sinchon; packing the place out with friends and new-found fans.

Finally, in the summer of 2012 we recorded an EP.

What do you think of the expat music scene in Seoul?

We find the expat music scene here in Seoul very healthy with many diverse bands making, and playing, fantastic music. Over the years, we have played at several venues in and around Seoul and some odd out-of-town gigs. Some great places we always love playing at include Club FF and

Club DGBD in Hongdae. The crowds are always clued-up and appreciative, and their energy is amazing, not to mention the ever-present threat of a nasty conflagration, which only adds to the atmosphere.

But probably the main reason we love playing at these venues and elsewhere in Seoul is the chance to witness a brilliant underground rock circuit that has some amazingly talented Korean and expat bands.

How would you describe your sound?

We generally play rock music with a solid groove, but our sound varies from song to song. We mainly play original songs with elements of classic through to hard rock. We tend to jam a lot on the few cover songs we play. We have veered away from the pop/dance rock sound from our early material and have progressed toward a more edgy, grooving rock sound, with elements of funk and classic rock. It's tough to pigeonhole our sound because each song is different from the next. Since last summer we have been constantly writing new music and tweaking our old songs to fit the new Fastwalkers sound.

What local bands are you into at the moment?

Korean bands such as Love X Stereo, for their highly energetic electro rock sound. The amazing two-piece girl band The Swingz, veteran rockers Biuret and Siberian Husky for just plain awesomeness. Our favorite foreign bands include Magna Fall for their mind blowing live sets and also our great friends Dongmyo Police Box for their groovy tunes and catchy choruses. **GROOVE**



CLUB FF - GETTING THERE

From Sangsu Station (line 6, exit 1), walk straight towards Hongik University. Take a left at the street right before the 7-Eleven. Club FF is on your right.

CLUB DGBD - GETTING THERE

From Sangsu Station (line 6, exit 1), walk straight towards Hongik University. Walk past the 7-Eleven. Take a left at the big intersection. Keep going straight past Tin Pan and you'll see Club DGBD opposite a convenience store at the next intersection.

MORE INFO

www.revernation.com/thefastwalkers
www.facebook.com/thefastwalkersband

CHARITY

www.urischool.org
www.pscore.org
www.facebook.com/thebigseoulpartyproject

"PROBABLY THE MAIN REASON WE LOVE PLAYING (CLUB FF AND CLUB DGBD) AND ELSEWHERE IN SEOUL IS THE CHANCE TO WITNESS A BRILLIANT UNDERGROUND ROCK CIRCUIT THAT HAS SOME AMAZINGLY TALENTED KOREAN AND EXPAT BANDS." — David Singer, bass

AT THE BOX OFFICE

THE BIG SCREEN

By Dean Crawford

Fast & Furious 6

Directed by **Justin Lin**



May
23 Action/Crime/Thriller
130 minutes

P R E V I E W

● Hello everyone, my name is Dean. (Hi, Dean.) Thank you for letting me share. I have a confession to make. I... I... erm... I don't quite know how to say this, but I, erm, I LOVE the "Fast and Furious" films. Phew! It feels so good to get that off my chest. I know I come across as some kind of film aficionado who only watches French art house films whilst wearing turtlenecks. (And so what? "Holy Motors" was great and it was cold that day!) But inside, I love me some Vin Diesel and Paul Walker driving cars. And since The Rock (aka Dwayne Johnson) has joined the films, I can't wait for the next installment in the franchise.

The last time we saw Dom and his crew, they'd pulled off a \$100 million heist taking down a crime lord in Brazil. They have each gone their separate ways and are living the high life, yet they crave the one thing money can't buy: a return home.

Their freedom may well be within reach after Hobbs (The Rock) offers Dom (Diesel) and his gang an olive branch.

The one catch is that they have to assist Dom in catching a gang of 12 mercenaries just as skilled behind the wheel as Dom and his crew.

Matters are complicated, however, when it turns out

that the love of Dom's life, Letty (Michelle Rodriguez), who was thought to be dead, is in fact a member of the crew Hobbs wants them to hunt down.

Going from the trailer alone, the dialogue doesn't seem to have improved from last time out ("We never turn our back on family, even if they turn their back on us."), but the set pieces have – which is surprising.

"Fast Five" (2011) was such a huge spectacle that I just couldn't see how they could top the stunts and visual effects, so I spoke with a member of the film's visual effects team, Data Wrangler Erran Lake, who assured me that "Fast Six" wouldn't disappoint.

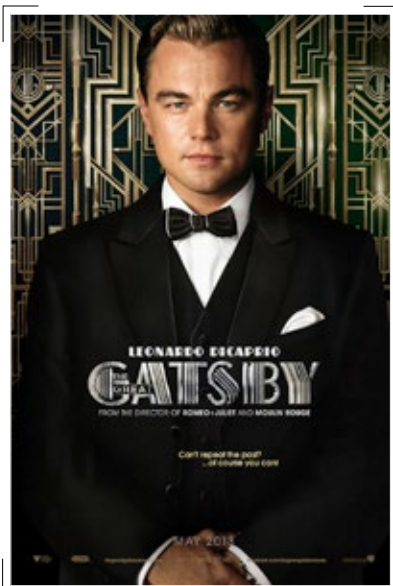
"This film is going to be nonstop action from the get-go!" Lake said. "The action sequences last for a lot longer than before and they're more intense. Everything is on a much larger scale, from the locations to the stunts and the vehicles."

I wanted to know how a series' sixth installment could still seem fresh, to which he replied, "There is a whole new variety of characters who also get stuck in, and help bring the action to a whole new level, including new toys."

I love new toys! And I can't wait for "Fast Six!"

The Great Gatsby

Directed by **Baz Luhrmann**



May
16 Drama/Romance
143 minutes

P R E V I E W

● I was never a fan of the classics at school, therefore I thought "The Great Gatsby" was simply a way for the late, great comedian Andy Kaufman to punish an audience if he didn't like their response to his show. Lo and behold, it's one of the greatest books of the 20th century, and it's being brought to the big screen by "Moulin Rouge!" (2001) director Baz Luhrmann.

The story follows a war veteran from the Midwest who travels to New York and becomes infatuated with his new acquaintance, the great Gatsby. I recently saw the trailer and I thought it looked classy. The use of a modern soundtrack over a period setting, à la "Moulin Rouge!," was a nice touch.

But whenever a book gets put into production, the internet becomes awash with thousands of people who think they could write, produce, direct and cast a film better than the professionals who actually get paid to do it.

Fans of the book often have a very specific idea as to who should play Jay Gatsby and, for some, it clearly wasn't DiCaprio. Just look at what ASlightlyRedDisturbance had to say over at IMDB: "Dicaprio playing dress-up, as self-aware as ever." He continues: "I mean I'm expecting this film to suck hard but it's still rather annoying that he's going to ruin the best literary character ever in my opinion!"

Harsh, but there must be some level heads on the internet, too, no? Over on YouTube, Oatmat, who I can only imagine is a professional film critic, succinctly argues against the casting of the lead character by stating, "DiCaprio is to gay for the part." I don't know what offends me more in that sentence; his homophobia or his incorrect use of prepositions.

But it's not just Leonardo DiCaprio the internet be hatin' on. Loversarelunatics is clearly not crazy about Carey Mulligan as Daisy Buchanan. "Stop men in their tracks? Are you kidding me? I don't find her attractive at all. She isn't womanly, she's very elfish and little-girlish. Her look just does not fit the character of Daisy."

I'm actually with him on that one, but it could be worse. Take Knitsit's view on the rest of the cast: "Sorry, but I think Tobey Maguire and whoever that anorexic model turned actress they have playing Jordan are far worse cast than Mulligan." At least Mulligan had her name mentioned. Elizabeth Debicki is simply referred to as "that anorexic." We may laugh at these comments – a lot – but netizens really need to take a break. One certainty in life is that you can't please everybody. However, if the tone of the trailer is the same as the film, I'll be happy enough, and that's all that really matters.

GROOVE

KOREAN DVD CORNER

THE SMALL SCREEN

By Dean Crawford

The Traffickers 공모자들

Directed by **Kim Hong-sun**



18 Crime/Thriller
111 minutes

R E V I E W

● The Blue Dragon Film Awards are an annual event designed to award excellence in Korean cinema. They've also become an annual cheat sheet for Korean cinema worth checking out, with Lee Chang-dong ("Green Fish," 1997), Park Chan-wook ("Joint Security Area," 2000, and "Oldboy," 2003) and Kim Ji-woon ("The Good, The Bad, The Weird," 2008) all being past winners of the Best Director award. Last year, the winner of the coveted award for Best New Director went to Kim Hong-sun for his drama "The Traffickers."

Released in 2012, "The Traffickers" opens on a luxury boat out to sea. The peace is broken when a half-naked, knife-wielding madman tries to attack one of the passengers, who bravely fights him off before both are knocked overboard and fall to their deaths. Another man, Young-gyu (Im Chang-jung), looks on without interfering.

As the film goes on, it is eventually revealed that Young-gyu is a retired trafficker who specialized in human body parts, with long-haul cruises being his favorite location for extracting goods. The crazy man in the first scene was one of his recent victims and the seemingly innocent bystander was in fact his best friend and partner.

Young-gyu is having money problems and owes several people cash, including an up-and-coming gangster, Dong-bae, who once bailed him out after a job went wrong. Yu-ri, Young-

gyu's love interest, is also having money troubles. She needs a loan to pay for her father's kidney transplant after the insurance company refused to cover the procedure. The young gangster offers a way to clear both debts, but it involves Young-gyu pulling off one last job on a cruise liner about to set sail to China. They want the organs of one of its passengers, a disabled woman named Chae-hee, who is on a trip with her insurance salesman husband.

After the job is already underway, things become complicated when Young-gyu realizes he recognizes his latest victim. A further complication arises when the woman's husband, Sang-ho, despite no one believing that he ever existed, turns out to be more determined to find his wife than they first imagined. The paths of four protagonists cross just as the film sails into a shocking and brutal finale.

Overall, the film showcases solid directing and superb acting. Keep an eye out for Oh Dal-su, who plays Kyung-jae, most recognizable from Park Chan-wook's "I'm a Cyborg but that's OK" (2006). Playing completely against his character in "Cyborg," he excels here as the emotionless butcher who abuses his victims before removing their organs. "Traffickers" might not be the next "Oldboy" or "I Saw the Devil" (2010), but with plenty of twists and turns — and violence — right up to the very end, fans of the genre should definitely put this on their must-see list.

Howling 하울링

Directed by **Yoo Ha**



15 Crime/Drama
114 minutes

R E V I E W

● One of the biggest hits of 2012 was the No. 1 box-office smash "Howling," directed by Yoo Ha and starring Song Kang-ho, the star of cult Korean classics such as "The Host" (2006), "Joint Security Area" (2000) and "Thirst" (2009).

The movie is based on the 1996 award-winning Japanese novel "The Hunter" and follows a veteran detective and a young female rookie as they hunt a killer who may or may not be human. With a title like "Howling," was the film to be a supernatural twist on the buddy cop genre? I was looking forward to finding out.

The movie follows Detective Jo Sang-gil (Song Kang-ho) as he investigates the somewhat curious case of a man who sets fire to himself in his car. In the midst of the investigation, we get a glimpse of Sang-gil's less-than-perfect life: Not only do his children hate him, but he has been passed over for a promotion at work despite working on the force for many years. Sang-gil is further frustrated when he is forced to partner up with a novice detective, Eun-young, as a favor to his friend and boss.

Several factors make this case an interesting prospect for Sang-gil. First are the drugs found in the victim's bloodstream. Second is the detonator found in the vic-

tim's belt, indicating that the fire was not suicide as originally suspected. And finally, there is a bite mark found on the dead man's body, which is perhaps the most confusing detail of all. Realizing that this is no ordinary case, Sang-gil vows to do whatever it takes to uncover the truth in an attempt to finally get the promotion he feels he deserves.

"Howling" is a decent enough movie that will most likely appeal to fans of Song Kang-ho. While watchable, it definitely has its flaws, which many might say is because the film never seems to know what genre it wants to be. It is neither a generic "CSI" cop movie, nor is it a supernatural thriller. I usually can't stand this in a film, but this didn't actually bother me. Instead, I was frustrated with how early the film revealed its ultimate direction. I was rather enjoying the ride and wondering what would happen as the cops chased down each of the leads, all while trying to decide what the hell was going on with mysterious murders and a killer wolf on the prowl.

Depending on what type of movie you were hoping to see, you may well lose interest half way through it. I know I did.

GROOVE



WHAT'S IN A CARE PACKAGE?

American bras,
Polish sausages and Indian
chapatti, for starters

Story by Dave Hazzan

● Sometimes it's a necessity, like an American bra, and other times it's a taste from home, like Brazilian goiabada. Care packages to Korea are as varied as the expats who live here: Reese's Peanut Butter Cups, Indian chapatti and Tamil short-grain rice, Polish sausages — anything goes.

Martyn Thompson, 30, is from Buckingham, United Kingdom, and receives art supplies, spices and things for his baby. "At Christmas, we usually get mince pies," he says. He has a 1-year-old son, so he has

had Bonjela sent over — a teething gel for babies. "We get it sent here because it's about four times more expensive in Korea." Beef suet, a type of cooking fat used in traditional British puddings, comes in the mail too. Thompson would like his mom to send some of the harder-to-find specialty cheeses, but has decided against it. "One thing I really resent paying (extra) for here is mozzarella. But I have no plans to bring that over," he says, accepting that cheese from England will often go off somewhere over Siberia.



Paige Stewart's mom sends cheese over any way. A 29-year-old from Toronto, Stewart once got a sausage wrapped in a sock, which arrived "all sweaty and gross." Her response? "What are you thinking, woman? And you can't just send brie in the mail!"

Creatively packed candy has played an important part in Stewart's life for years, she says: "I used to go to camp and we weren't allowed candy. So my mom would send me candy in tampon boxes. And she still sends me tampon boxes full of candy."

She shows me one such box. It's packed to the brim.

Stewart's mom has sent vitamins, bath crayons and even a dinosaur ice cube tray. Another family tradition is that her mother mails everyone in the family the same Christmas ornament every year. "She sends me a lot of makeup. I don't have the heart to tell her we can get makeup here."

Seethapathy "Ram" Rama, 39, is from Chennai, India, and is a mechanical engineer for Daewoo. Though he has long since asked his mother to stop sending him care packages, he is keen to elaborate on what other Tamils still request from home.

"We get shorter rice with less starch. We South Indians, we eat raw rice. Some people eat boiled rice also. This is the main thing people bring to Korea. We used to bring 10 kilos, 15 kilos of rice with us."

Otherwise, plenty of other foods come with the Indian diaspora, like chapatti and roti bread. "We used to buy wheat flour and make it on a hot plate," Ram said. "We used to bring channa masala spice. And we used to bring sambar. For all these things, we (now) have a ready-made mix."

Sambar is a type of dal, which is a vegetarian curry that is a staple in the South Indian diet. Ram says, "We bring dal also. Because here, dal is not so nice."

Kitchenware can also sometimes make it into an Indian's care package, including blenders and pressure cookers for making rice and idli.

Perhaps oddest is that, according to Ram, Tamils will often either bring or have winter clothes sent to them from a place that is well within the tropics and steaming hot all year-round.

"We bring winter clothing, because it's very expensive here. We have a shop for that, even though it

doesn't get cold in South India."

Sometimes Ram gets CDs from India, either in Hindi or Tamil. "But I like English songs (now) because I travel so much," he says.

And then there are times when he doesn't even need Indian substitutes to be sent; since living in Korea, he's seen two Tamil musicals at the theater in Ilsan.

Cremilda Toledo, 75, is from Belo Horizonte, Brazil, and feels that she's lacking little in Korea, gastronomically. An English professor, Toledo married another English professor (a Korean) in the United States. They moved to Korea in 1980. Since that time, the number of foods that she can't access has diminished over the years.

"Can you believe I even found cassava?" she asks. "That's the root that you use to make tapioca. I even found it there in a (foreign food) store." Brazilians use tapioca to make pão de queijo, a cheese bread.

But there is still a single item Toledo can't get: goiabada. Goiabada, sometimes called guava paste or guava cheese in English, is like a hard guava jam, packaged in a bar. "I have never seen it out of Brazil," Toledo says. "My sisters send it. It's very heavy so I try not to ask too often. But when I go there I try to bring a few bars back."

Goiabada is eaten with any white cheese, in a combination Brazilians call "Romeo and Juliet." We tried some at an Ilsan Dunkin' Donuts and it was delightful.

Toledo would like to be able to get it locally, but so far she's had no luck. "I asked him (at the Foreign Food Mart) to bring in goiabada, but he says he doesn't import from Brazil. I guess it's too far."

David Frias, 24, of Philadelphia, gets a package every month from his mom. But there's plenty that just can't make it through the mail.

"Above all else, I am Chilean-American," Frias says, "and it is very difficult to get an empanada in the mail. So from time to time I get recipes from home."

The recipes come in care packages that include plenty of local Philly goodness. "She sends me stuff that reminds (me) of home: soft pretzels, Tastykakes and Reese's Peanut Butter Cups."

Tastykakes, for the uninitiated, are not some-

thing Michael Pollan would approve of. Similar to Hostess cakes, they come in several flavors, and Frias's favorite is Butterscotch Krimpet. His other vice, Philly soft pretzels, are smaller than their New York counterparts.

Are they still soft by the time Frias gets them? "It's a crapshoot," he says.

Ilona Pradelski, 25, is from Chicago, but she's also more Polish than John Paul II or a London builder. Her mom sends her packages every three months.

"Mainly," Pradelski says, it's "a lot of traditional home things I can't get here. Since I was born in Poland, we eat a lot of Polish food at home, and that's something really hard to find here. Or anything close to it."

Like most food that isn't kimchi or doesn't come from a juice bar in Venice Beach, the comfort foods she requests are admittedly bad for you. Says Pradelski, "Mom seals packages of it: sausages, cheese, spices. Polish candy you can only find in Polish stores. Basically, all the food she sends me, it's really good and really bad. The stuff that gives you a heart attack when you're 50 but you can't give up." All of it is vacuum sealed and, as a result, appears to make the trip fresh.

Otherwise, Pradelski receives mustard, shoes, bras, vitamins, hoodies and make-up. She also gets other food that she used to eat on a regular basis: taco seasoning and chipotle sauce. "All the ethnic things you can't get in Korea."

Pradelski is very close to her mother, so the packages are sometimes a mixed blessing. She says she feels homesick when she gets them, "but I feel loved at the same time. Everything she puts in there has meaning." **GROOVE**



Check with Korean Customs before having anything mailed here to see what is and what is not allowed. Images shown here are not the actual products that were mailed. Groove Korea doesn't endorse mailing any of the items mentioned in this article, especially the sausage. — Ed.

ROCK 'N' ROLL BEFORE CURFEW

One soldier's transition from base hermit to hard-rocking front man

Story by Bruce Harrison / Photos by Dustin Cole

● Kevin Morrow has the crowd's eyes. He's halfway through an alcohol-fueled set and belting out his band's song "White Lines," a driving punk tune that stirs images of a beat-to-shit Chevy Nova barreling down a dusty desert highway. He kicks the performance into high gear by connecting a heavy booted foot with a small wooden chair in the cramped Seoul music venue Strange Fruit. But then, in a move uncharacteristic of most boozed-up rockers, he rights the chair with a sheepish grin before launching into the final chorus.

U.S. Army Sergeant Morrow arrived in Korea in 2011. The 29-year-old says it was depression that first drove him to join the military, enlisting as a medic in the Washington State Army National Guard in September 2004. He was born and raised in the Puget Sound area of the state and was attending Job Corps — a federally subsidized program that provides free education and job training for youths — when he decided to sign up.

"I kind of just wanted to go off to war and die," he recalls.

He still harbored similar feelings 17 months later, accompanied by boredom and the desire to "just get away for a while." Morrow decided to go into the active-duty Army.

Not long after making this decision, Morrow explains that he "realized he didn't really care about saving people," and that going Active Duty allowed him to change his military occupational specialty from Healthcare Specialist (aka combat medic) to Mortuary Affairs Specialist.

By the time the lit runways at Incheon International Airport first came into view, Morrow had wrapped up two tours in Iraq and one in Kuwait. During his first tour alone, he processed over 300 human remains.

A key difference between the Middle East and his then-current station, however, is that there is no active combat on the Korean Peninsula. A cease-fire has been in place since the Korean Armistice Agreement was signed in 1953. But where there is any kind of community, there is also death, and at roughly 28,500 personnel, United States Forces Korea (USFK) is no exception.

Morrow says his job with the USFK Mortuary "involved working with human remains, assisting with autopsies and embalming." He chooses not to describe the work any further due to its sensitive nature.

Of his field of expertise, he says that, in Iraq, he was surprised to learn that Mortuary Special Affairs has a higher rate of post-traumatic stress disorder than men in combat. "You'd think that killing people and clearing houses and seeing your friends die, that would be harder on them," Morrow says.

If he's struggling with "seeing the stuff" he encountered during deployments, Morrow doesn't show it, though he describes his experiences as "subconsciously depressing."

One of his coworkers who works for the civilian side of USFK Mortuary Special Affairs (and wishes not to be named in the article) says that Morrow handled the job well. "Kevin had a special nature to him and liked taking care of people," she says. "He's very mellow. You hardly ever get him upset."



She also says she recognized Morrow's reclusiveness early on, describing him as a "shy person who didn't intermingle with others." And he really didn't, either on base or off. By July 2012, Morrow had barely ventured off the United States Army Yongsan Garrison, despite its location in the heart of Seoul.

"I didn't leave my room. I went to McDonald's like one time," Morrow says. "There just wasn't anything the military offered on post for recreation that I was interested in, resulting in eight months of depression and isolation on my part."

Enter songwriter and guitarist Matthew Hamann — a political science degree-toting California country boy with a hint of Venice Beach boardwalk stoner and a mild enthusiasm for surfing. He says his band, Heisenberg — named after the alias of Walter White's character on AMC's *Breaking Bad* — was on the verge of hiatus that summer.

Fellow Americans Devon Weber (drums) and Sean Daily (bass), completed the singer-less trio of English-teaching expats. "Our music was all right," Hamann says. "But it wasn't geared to be an instrumental band."

Morrow came into the picture by responding to a two-month-old, mostly-forgotten Craigslist ad. The call for a singer cited influences ranging from surf rock legend Dick Dale to American indie group Minus the Bear.

"I had never sung in a real band or anything with more than two people," Morrow says. "My experience was all random, chance-encounter jam sessions with people I never saw again."

Still, he left his concertina-wired confines to make the audition. It was his first time taking the Seoul Metro.

"That was an experience for me," he says. "I didn't know how to be in a big city like this. Taking the subway. It's really cool. You can go anywhere for next to nothing."

Hamann says Heisenberg's sound was part of the reason why it was so difficult to find a singer, and he still can't put his finger on it. "A combination of blues, rock and roll, surf rock, and punk," he says, noting that the diversity is a reflection of being "unable to write an album's worth of good songs in one genre."

The rest of the band was equally lost in describing their sound, but they all agreed on one thing: Morrow.

"The first thing that struck me about Kevin was that the guy could write lyrics — that guy was a really good lyricist," recounts Hamann.

Weber says it was easy bringing him into the fold. "He fit in at the first practice. I think we all wanted him to keep singing for us after the first song. He was the sixth or seventh guy that tried out so our standards may have been a bit high, but he was by far the best candidate."

Daily is very to-the-point: "We found Kevin and everything changed."

By the time the band fell into a routine of weekend gigging and boozing together, things had seriously started changing for Morrow, too. His coworker at USFK, who saw him on a daily basis, remembers that he started opening up around this time. "Kevin came here like a cocoon and then he opened like a big butterfly," she says with a laugh, noting she never imagined him singing for a rock band.

She says his routine of simply shuffling between mortuary work and his barrack eventually transitioned into trying out Korean dishes and taking more frequent trips off base.

"He was very observant," she says. "He would bring food to work and say, 'I found this at the store.' It would be some chips he thought were unique, and he would make a point of sharing them with us. I think he even tried dog meat."

Eventually, the USFK's rigid seven-day-a-week 1 a.m. to 5 a.m. curfew for soldiers was the only thing keeping Morrow on base.

Download album

<http://heisenbergseoul.bandcamp.com/album/heisenberg>

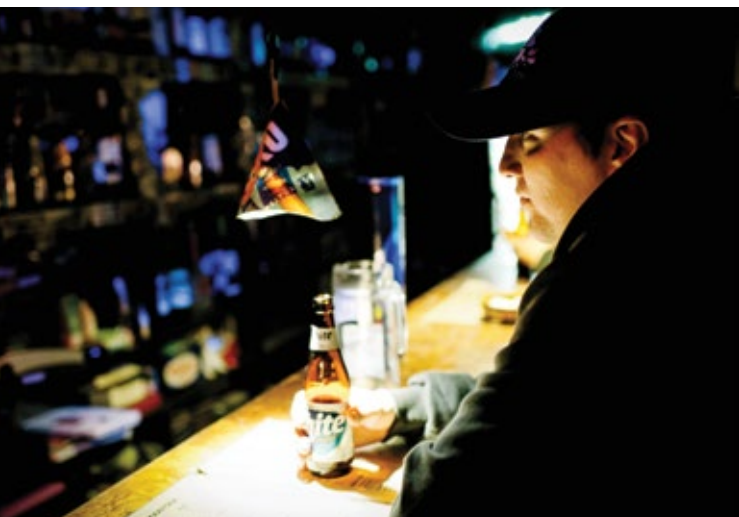


"SINGING IN THE BAND PULLED ME OUT OF ALL OF THAT [DEPRESSION]. IT GAVE ME A HEALTHY OUTLET, AND A REASON TO GO OFF POST AND EXPERIENCE KOREAN CULTURE EONS BEYOND WHAT I WOULD HAVE DONE OTHERWISE."

— Kevin Morrow

"WE WERE UNSTOPPABLE. WE PLAYED SO WELL THAT WE DECIDED TO DO AN ENCORE SHOW. SO OUR REAL LAST SHOW WAS AT A BAR THAT HAD BECOME KEVIN'S FAVORITE WATERING HOLE: WOODSTOCK IN ITAEWON."

— Sean Daily



"Curfew was always a factor, which was why we never played a show later than 11 p.m.," he says, followed by a smirk hinting that a few gigs may have run a tad late.

Working around the military's late-night restriction, the band's stage presence strengthened following its first show at Club FF in the university district Hongdae, where Morrow donned sunglasses to combat stage fright. "I'm so shy, I'm rarely able to look anyone in the eye while singing," he admits.

By the end of the band's six-month run in January, it was impossible to tell if he still held any fear. Daily describes Heisenberg's highly anticipated final performance at Strange Fruit on New Year's Eve as "transcending time and space."

"We were unstoppable. We played so well that we decided to do an encore show. So our real last show was at a bar that had become Kevin's favorite watering hole: Woodstock in Itaewon," Daily says.

Woodstock holds good memories for Heisenberg, Morrow especially. He loves the vibe there, and also the intimacy he would share with the crowd when he was onstage. It's also where he met his girlfriend, who was tending bar. Daily introduced them after the two bandmates downed a round of Bacardi 151 shots.

"Honestly, I just wouldn't have gone up randomly and hit on a girl," Morrow says. "Sean threw that on me."

Morrow shipped back to the U.S. on terminal leave in mid-January, but caught a military space flight for \$16 just two weeks later to be with his girl. He wasn't ready for it to be over yet, those long nights drinking Cass beer and smoking Marlboros at Woodstock.

His girlfriend chose not to be named for the story, but both say they are enjoying the time, uncertain of the future. Above all else, Morrow says he doesn't dwell on the bulk of his deployment that was spent holed up on base and depressed.

"Singing in the band pulled me out of all of that," he says. "It gave me a healthy outlet, and a reason to go off post and experience Korean culture eons beyond what I would have done otherwise." **GROOVE**



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PAYING HOMAGE TO A JAPANESE CLASSIC

Kareo does Japanese-style curry the right way

Story and Photos by Ben Landau

● In a country renowned for the unmatched sophistication, quality and presentation of its products, Japanese curry is a refreshing exception: a sloppy cafeteria favorite enjoyed as comfort food cross-country.

Brought to Japan in powder form by British navy men in 1854 (British curry was itself a primitive form of the Indian dish), Japanese curry has long been classified as “yoshoku” (foreign food). Since the early 1900s, however, it has gradually morphed into something uniquely Japanese: a swampy marriage of rice and sauce, topped off with katsu (fried meat cutlet), cheese, or other deep-fried delicacies for gut-busting good measure.

Unlike its Indian progeny, Japanese curry is more sweet than spicy. It's a savory blend of vegetables, soup stock and spices that slow-cook into a sticky, gravy-like roux served over Japanese rice.

Along with lobster vending machines and vampire cafés, Japanese curry remains one of the country's great hidden treasures. Chances are before reading this you didn't even know J-curry was a thing. But it is, and it's pretty damn popular too.

Today, Japanese curry is so widely consumed that many regard it a national dish. It's a favorite of Emperor Akihito, who samples regional curries whenever he travels domestically. It's eaten by Major League great Ichiro Suzuki before every home game and made in homes and cafeterias from Naha to Nagasaki.

During my year in Osaka — a period defined by frequent late-night trips to the local curry house — nothing moved me quite like curry. In a country full of great food, it was my unabashed favorite.

Then I moved to Seoul...

It was rough going at first. I tried a few curry joints. I hit some of the imported chain stores. But invariably, I always ended up disappointed. That was, until I happened upon Kareo.

Located just a couple minutes from Hongik University, Kareo is a tiny Japanese-style curry shop specializing in rice curry. Curry is prepared Kanazawa style, a sweeter, slightly more acidic alternative to the stuff found in Tokyo, eaten with a fork and served in a shallow (almost boat-like) metal bowl with shredded cabbage on top.

In appearance, as in product, Kareo emanates minimalist refinement, with simple wood furnishings, wood floors and plain yellow and white walls adorned only by the owner's collection of classic anime figurines. With seating for 14 and prices on the lower end (4,500 won to 7,500 won a pop), it resembles any number of smallish curry shops I frequented in Osaka.

What sets Kareo apart, is the attention to detail and iron will of owner/head chef Kim Do-hoon. Like Japanese curry itself, Kim has a complex international history. He has split his time evenly between Korea, Canada and Japan since his teenage years and is fluent in all three respective

languages. Tall and charismatic, he's an improbable mixture of traditional Japanese perfectionism, easygoing Vancouverite charm and K-drama white knight (at least in appearance).

For Kim, the path to owning Kareo began when he was in his late 20s. Looking for something new, he left his position with an American company in Seoul to study Japanese cuisine in Tokyo and Kobe. For months, he worked for free under his culinary “master” Mr. Fujii in a little mountain village in Hyogo prefecture. Work was thankless and days were long, but he never complained.

“I just love cooking; it's my life.”

This is no overstatement. Kim works 12 to 15 hours a day, seven days a week. Besides the restaurant, his only other hobbies are watching movies about cooking and a video project he recently launched with an American friend called “The Ultimate Korean Kitchen.” The show provides viewers with a crash course on Korean cooking, something the polyglot hopes will bring even more traffic to his business.

Naturally, Kim's passion is evident in the food. Unlike most curry joints that throw all the vegetables into a pot and then boil, veggies at Kareo are ground and then sautéed for seven hours each morning. To cut down on starch and sugar, bananas and small amounts of other fruits are added to the mix. Meats come from a local butcher and are never frozen. Instead, Kim — who cooks every entrée, every time for consistency — keeps his katsu “live” throughout the day, ready to batter and fry the moment an order comes in.

Aside from the traditional curry rice, Kareo features a spicy katsudon (fried cutlet over rice,





KIM WORKS 12 TO 15 HOURS A DAY, SEVEN DAYS A WEEK. BESIDES THE RESTAURANT, HIS ONLY OTHER HOBBIES ARE WATCHING MOVIES ABOUT COOKING AND A VIDEO PROJECT HE RECENTLY LAUNCHED WITH AN AMERICAN FRIEND CALLED "THE ULTIMATE KOREAN KITCHEN."

known so well in Korean cuisine as donkkas) and curry udon (both 6,500 won). These are interesting, if uncommon, dishes, but it is the chicken and pork katsu curry (6,500 won) which stands as the restaurant's signature. The subtle nuttiness and soft, sticky texture of Japanese rice combined with the deep savory richness of the curry and crunchy, devil-may-care fattiness of the katsu is simply superb.

Although it may lack the heat of other well-known curry iterations, for those looking to up the Scoville units, there is "shichimi" oil (seven-flavor chili pepper) on every table. Every dish is served with two

kinds of tsukemono (Japanese pickles): fukujinzuke (pickled daikon) and kakuteki (a Japanese take on radish kimchi), necessary for when things get spicy. Portions are decently sized, and food comes fast.

While Japanese curry has yet to reach the ubiquity of sushi and miso soup overseas, it feels like it's only a matter of time before it blows up. Rich, savory and deeply satisfying, it's a dish that feels instantly familiar even on your first try. With prime curry season fast approaching, discover the wonders of curry firsthand at Kareo.

GROOVE



ADDRESS

6-129, 1F, Changjeon-dong, Mapo-gu, Seoul

MORE INFO

Phone: (02) 517-9922 Hours: 11:30 a.m.-10 p.m., except Wednesday when it closes at 9 p.m. as Kim films his online cooking show "The Ultimate Korean Kitchen."



THE BATTLE OF THE BULGE

THE FIRST 100 DAYS OF ONE WOMAN'S STRUGGLE TO LOSE WEIGHT

By Jessica Felkel / Photos by Belle Nachmann and Jeremy and Jessica Felkel





WANT TO SEE MORE?

Check out 10 of Jessica's healthy, hearty recipes at groovekorea.com.



Oct. 2, 2012

THE BEGINNING

Weigh-in 1: **343 pounds**

Today my husband and I started Weight Watchers. We have had a difficult time adjusting to living in Korea, and really are not fans of a lot of different Korean foods. When we got here, I really needed some sort of creative outlet, and it became cooking. We both became a bit depressed, and started using food as our comfort.

Sure we both know we are big people, but nothing could point that out better than moving to an Asian country. Everywhere we go, we have old Korean gentlemen telling us we eat too much meat, or cab drivers who only seem to know two words in English — “big size” — along with the arm motions to match. We had an old lady stopping in the middle of the street as we passed her, just to gawk at us as we walked by, and kids, who might normally just glance at

a foreigner, actually stare with their mouths hanging wide open. Frankly, I'm sick of it. My cooking isn't unhealthy per se, though our portioning could fairly be described as outrageous. We need to get that under control first, and add in exercise.

Just a few days ago, while we were seeing a Korean-speaking friend to the bus stop, she informed us that other people there were rudely commenting about our weights. She said they were just being culturally blunt. They were shocked when she asked them in Korean for directions and they looked a bit ashamed.

I anticipate that this is going to be a difficult journey; however, I am looking forward to being healthy for the first time in my life.



Oct. 2, 2012

LET THEM NOT EAT CAKE

Weigh-in 2 (Oct. 6): **-7 pounds** Weigh-in 3 (Oct. 13): **-3.6 pounds**

This is my third week on Weight Watchers' online program. You generate points for each item you eat based on its fiber, protein, carbohydrates and fat content, limiting you to a specific number of points in a day. It's a great way for learning portion control, and in my first two weeks I lost 10.6 pounds.

Yesterday, when I walked into my school director's office, all the teachers huddled around a cake lit with candles. They were celebrating a birthday. It was a fun time. We took photos, blew out the candles, and popped the poppers. Everyone was inviting, insisting that I be there.

But after the candle blowing, they turned on the lights, and everyone started speaking in Korean. At events like this I tend to feel very out of place. I tried to duck out before the cake cutting, knowing there'd be no way to calculate Weight Watchers points on a Paris Baguette cake. It looked scrumptious,

covered with cream and almonds. It was hard to say no.

When I told an insistent teacher I couldn't have any cake, she looked stunned and asked why. I told her quietly about the diet. Then another teacher tried to hand me some chopsticks. After some fuss I wound up telling them all that I am on a special diet, and that birthday cake was not a part of it. I politely wished the birthday girl a happy day and left.

Today, one teacher walked by my room and asked me how I was feeling. I told her that I was fine, and asked how she was. Then she spoke out loud to herself, reminding herself that I was in fact on a diet, not sick. Although I am obviously much larger than most women in Korea, a diet almost sounds like a disease to some of my co-workers.



Recipe 1:

ROASTED VEGETABLE SOUP

(3 Weight Watchers points)

- 2 cans tomatoes (because this soup is pureed, this can be any kind of canned tomatoes)
- 1 cup silken tofu
- 1/2 cup sour cream (optional with the tofu)
- 2 onions
- 2 carrots
- A few cloves of garlic
- Salt and pepper to taste
- Dried thyme
- 2 bell peppers, any color
- Olive oil spray
- 2 1/2 cups water
- 1 tablespoon beef bouillon (use what you have; I have used chicken before as well. Veggie could also work)

First de-rib and slice two bell peppers into strips. Thickly slice two onions and two carrots, and spread all out on a cookie sheet sprayed lightly with olive oil. Broil on the highest temperature for 15 minutes, and turn the pan around. Cook for another 15 minutes, or until peppers are well charred and onions start to caramelize or brown. Dump two cans of tomatoes into soup pan. Peel skin off roasted peppers, and add them and onions to soup. Add garlic, thyme and tofu. Let this simmer for at least 30 minutes.

When it has simmered down slightly and is sufficiently hot, carefully scoop or pour contents of soup pot into a blender, and blend until entire soup has a smooth consistency. Add the sour cream either now or after pouring soup back into pot. Mix well, add salt and pepper to taste.





Recipe 2:

HOISIN STIR FRY

(11 Weigh Watchers points per serving, makes 2 servings)

- 8 ounces diced beef (I used diced shank steak)
- 2 onions
- 2 bell peppers
- 4 cloves garlic
- Other desired vegetables
- 1 tablespoon olive oil
- 4 tablespoons hoisin sauce

Dice up meat on a cutting board and cook on medium in a hot pan with olive oil. While beef is cooking, slice up peppers and onions into thin strips, and dice up garlic. When there is very little to no pink left in the beef, add vegetables to pan. Cook down until ingredients start to brown and meat sears slightly. Once onions are soft and transparent, pour in 4 tablespoons of hoisin sauce and continue cooking as it thickens.

Serve with ½ cup of cooked quinoa in place of rice.

Drizzle sriracha sauce on top to kick up the flavor and balance the sweetness of the hoisin sauce.



Recipe 3

GROUND BEEF / TOFU TACOS

(8 Weight Watchers points makes 10 servings)

Taco meat (can be made with just tofu)
500 grams ground beef
320 grams firm tofu
1 packet taco seasoning
1 small onion

Ground beef and tofu

Crumble up one small block of firm tofu. Hand mix with ground beef. Add mixture to a pan and cook until meat is done. Add one diced onion while cooking. When the meat is no longer pink, follow directions on taco seasoning packet.

Tacos

Grate 2 ounces of cheddar cheese for 10 tacos. Use 10 flour tortillas. Add sour cream.

You can also use salsa, guacamole, olives, cilantro, spinach or lettuce, and fresh tomatoes if you have them.

Assemble your tacos with a scoop of the Spanish quinoa (like you would Spanish rice), and a scoop of the meat. Mixing the two together is actually a good idea as well, just serving from one pot. Put a little cheese on, and add a dollop of sour cream (about 2 teaspoons). Add any other veggies you enjoy on tacos.

This meal is jam-packed with protein, with the quinoa, beans, meat and tofu, and is incredibly filling.

DAY
17Oct. 18, 2012
LAZY COOKING

The last few days I have been lazy. I don't see myself losing 10-plus pounds this week. I had hot dogs for dinner one night, ramen for dinner another, and am thinking hot dogs will be tonight's option as well. One diet frustration is that most of the restaurants around my house serve just Korean food, generally fish or seafood — and I don't eat either. There's also one "wellness" soup restaurant (read: dog soup), and a restaurant that serves mandu jjigae among a few other soups. However, we were warned that a lot of jjigae is flavored

with pork fat and doused with salt, which we are trying to cut out on this diet.

Without speaking the language, it is virtually impossible for us to ask about the ingredients in the food at any restaurant, so figuring out Weight Watchers Plus Points is a beast. If we can go to Western chains like On the Border or McDonald's, we can at least research nutrition facts online. Most nights we have to eat in, just for this reason.

DAY
18Oct. 20, 2012
DISCOVERING LOW-FAT FUSION

Weigh-in 4: -2.4 pounds

For the purposes of this article, I am incorporating some Korean foods into my diet that I don't normally eat. The first thing I did was contact the only vegan I know. I asked for a tofu lesson, and so today I went to tofu school.

She made me four or five delicious Korean foods using tofu or soy-based products like doenjang jjigae, soy meat lettuce wraps, and banana bread using silken tofu instead of oil. I have been fearful of tofu my entire life, as I have never had good tofu and the texture has always been off-putting to me. Turns out I was just trying the wrong kinds!

DAY
22Oct. 24, 2012
TEMPTATION OF SWEETS, AND TRYING OUT TOFU

I was lazy last week, and last weekend I ate out every day. My weigh-in on Saturday reflected it, as I only lost 2 pounds. You pay for your choices.

I am trying to make better food choices, but cooking healthy is a struggle after coming home from work at 10 p.m. I have switched to diet soda, but I won't refuse a treat from my students. I was shocked yesterday that six Jelly Bellies are 1 point — but I enjoyed that point

immensely.

At tofu school last weekend, my friend gave me a nice fresh brick of firm tofu. This week I used it in my lasagna sauce instead of hamburger. I enjoyed the meal, as it was fresh and lighter than usual. The texture of the tofu did not break down after eight hours of cooking in a Crock-Pot, and was very similar to that of the ricotta cheese I made and used.

DAY
25Oct. 27, 2012
BROKEN SCALE

Weigh-in 5: +4 pounds

Today was supposed to be my weigh-in day. I stepped on the scale, and it said that I had lost 30 pounds in a week. I knew that wasn't right, so I let it clear and stepped on it again. The second time, it said I lost another 40 pounds — a total of 70 pounds in a week! Okay, apparently I need a new scale.

Today I really watched my intake before we went to a friend's house for dinner. She told us the menu ahead of time to be considerate of our diet. She made creamy alfredo sauce with bacon, a salad and steamed veggies on the side. The meal was richer and more flavorful

than most of our food in the past several weeks. It tasted amazing, but did take up almost 30 points — a huge chunk of my daily allowance.

I was asked to bring dessert, so I made oatmeal cookies. I made sure to eat only one. It is really difficult to stick to this diet when trying to entertain with friends, regardless of how careful everyone is trying to be.

On the way home I was rather hungry, so I stopped at a convenience store and got two bowls of ramen. I had them, plus two more cookies. I was trying to be so careful all day, and at the last minute I gave up.

DAY
28Oct. 30, 2012
GETTING ON OUR FEET

I think the novelty of being on this special diet is wearing off. We are making smarter decisions with what and how much we eat, but not being able to see progress makes it a little less motivating.

I am working on getting a new scale from the U.S. In the meantime, my husband and I got pedometers. I have gauged that on a normal work day, I walk about a mile and a half. I wore it over the weekend, and in one day I walked over 4 miles — weekends are key for me getting out and moving, but I need to get motivated to move more during the week.

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DAY
29

Oct. 31, 2012
HALLOWEEN BLUES

Today I am struggling. What I really want to do right now is go downstairs to the Dunkin' Donuts and grab three chocolate fritters.

It's Halloween, the beloved day of candy and trick-or-treating, and I am kind of feeling sorry for myself. I am very careful about how much I eat and what goes into my recipes, but the more I cook, the more I realize not a lot has changed.

I am looking forward to using our new scale to get an accurate weigh-in tonight, though I am starting to tire of this.

DAY
34

Nov. 5, 2012
CHEERS FOR CHEESE
Weigh-in 6 (Nov. 3): -1.8 pounds

Last week I was really discouraged with my lack of willpower and motivation to lose weight. This week I am trying to get back on track.

This weekend at Costco, I found my favorite cheddar. I was so excited that I had to design an entire meal around it. It's not the best thing on a diet, but I don't want to cut it out so I'm being very careful about serving sizes.

Tonight I was cold, hungry and wanted to use that cheese, so I made some roasted vegetable tomato soup and grilled cheese sandwiches with whole wheat bread. I used the "Hoagie Rolls" recipe (by user kzbhansen) on food.com with a few slight alterations, adding sun-dried cherry tomatoes, garlic and basil to the recipe. I used organic stone-ground whole wheat flour, and a tablespoon of yeast.

The grilled cheese was pretty basic: two slices of bread with butter on one side, cooked on low heat with some cheese in the middle. I actually used 2 ounces of cheese instead of 1 (1 ounce is a serving size), considering I was planning the entire meal around cheese.

DAY
39

Nov. 10, 2012
SUCSESSES AND GUILTY PLEASURES
Weigh-in 7: -1.8 pounds

Today I realized that since I started this diet, I have lost 12 pounds. This has nothing to do with exercise — simply being more aware of the portion sizes of food, learning what a portion size really is, and how much I can eat in a day. I enjoy the challenge most days.

Today, my adventure in Seoul turned into eating a bagel and cream cheese, and a deep-fried chicken sandwich with bacon from McDonald's.

It tasted delicious considering I have not eaten McDonald's in so long, but I must admit I felt guilty for it. But the guilt was lessened by the fact that my pedometer said I walked 5 miles today. Considering in an average day I only walk 1-2 miles, this was definitely an improvement.

DAY
42

Nov. 13, 2012
AT A STANDSTILL

I made the mistake of stepping on the scale early this week, and saw that I am a pound heavier. I have been sick this past week and not so vigilant with cooking. I am afraid I have hit a road block, now that my body is used to the new intake.

If I don't lose at least 1.5 pounds by my official weigh-in Saturday, I think I'll start exercising twice a week. I know I can't get healthy without it, but I was hoping to get some bulk off before putting that kind of stress on my already aching joints.

DAY
45Nov. 16, 2012
TOUGH WORK DAYS

On some days being heavy in Korea is more difficult than others. Yesterday I asked a student a question with the word "give." He said, "I give you this, you give me your fat." I was a bit shocked, and thinking I heard him wrong, I asked him to repeat himself. After he repeated it, I said, "Fine, you can have it. I don't want it anymore." Then I got a horrified third grader thinking I could actually give him my fat.

Today I was filling up my water bottle at the water cooler and one girl decided it would be funny to poke my belly. She did not poke very hard, but I politely

asked her to stop. She did it again, and I repeated, "That is not nice, please stop." I knew if this continued I would get very upset, so I walked away.

Some days this just gets really old. My students are usually pretty good about it, but two zings this past week, when I already feel like my diet is going nowhere, is ridiculous. As an emotional eater, I wound up going downstairs and grabbing three doughnuts. Epic fail the day before weighing in.

DAY
51Nov. 22, 2012
BLOWING IT

Weigh-in 8 (Nov. 17): +1.2 pounds

I was right about that epic fail, as last week I gained a pound. I was rather discouraged by that, but I understand because last week I was not on the program very well.

I see what an emotional eater I am. Yesterday I had to finish grades on three hours of sleep, on my busiest day of the week. I was so stressed I went to Dunkin' Donuts and walked out with three chocolate fritters.

Today I am attempting to do better. For dinner we're having Spanish quinoa, with seasoned beef and tofu tacos. I need to incorporate more greens into my diet, but I'm not much of a salad girl. It's getting really hard because after two months of being so careful, it is getting difficult to be motivated to cook every night.

DAY
58Nov. 29, 2012
THE 'DIET BLUES'

Weigh-in 9 (Nov. 24): -1.6 pounds

Today I made a realization, partly due to reflections from this journal. Three weeks ago, I started feeling the "diet blues." I had a cold, I was tired, and I was not losing weight as fast as my husband.

When I got sick, I got too tired to cook. Because I was so sleepy, I ate what was fast and easy, and not necessarily what was good for me. Even as the cold subsided, the tiredness and sluggishness continued. Meals have been at restaurants, or stuff at GS25 like a big bowl of ramen (or two). I have been eating badly, and been super sluggish.

It's really the first time that I am putting two and two together: put good food

in, feel better, put bad food in, feel worse. I have known that in theory forever, but only now do I see it with my own body.

I went to the store tonight, spent 110,000 won on almost all produce, plus a few new Korean ingredients to try. I came home and made turkey and dumplings with the leftover Thanksgiving turkey, and it was mostly veggies, some meat and some tofu. I am enjoying the challenge of tofu.

Now that I am getting over the "diet blues," I'm getting excited to keep going again.

DAY
69Dec. 10, 2012
SWEET SURPRISE

Weigh-in 10 (Dec. 1): -0.8 pounds Weigh-in 11 (Dec. 8): +1.4 pounds

I have a student who in the past has called me "pig" many times. This is, by far, the most hurtful, deliberate insult that any of my students has made. She would start calling me "pig" instead of "teacher," until one day, after politely asking her to desist I went off in the middle of class. I told her that it was incredibly mean, I didn't like it, and if she didn't stop I would call her mother. She hasn't done it since.

She found out about my birthday, so today she came into my room with a gift and a personal note. In this note, she said she loved me, and that other

people call me fat, but she thinks I am pretty. I opened the gift, and it was a box of nice chocolates. I went online, found the points and indulged myself in one truffle. One led to three, and three to six, but at least I was keeping track.

Because of this indulgence, I decided on a vegetable-rich dinner and made an easy stir fry with quinoa instead of rice, topped with hoisin sauce as I was cooking. It turned out wonderfully, and now I have a tasty new sauce that's easy to make!

DAY
72Dec. 13, 2012
GETTING BACK ON TRACK

I'm feeling a lot better, and am trying to cook more. Today I took the stairs instead of the elevator to and from work on the sixth floor, and I'm walking faster. Granted, the cold is probably the culprit for my walking speed, but my heart rate is getting up, so I'm claiming it is the exercise.

DAY
76Dec. 17, 2012
TIME TO GET DRASTIC

Weigh-in 12 (Dec 15): +1.4 pounds

I'm disappointed at gaining 1.4 pounds this week. I haven't lost much since those first few weeks, and it is truly frustrating. I am proud of my husband who has lost over 30 pounds, but I'm back to a standstill.

I really thought I was doing great. After at least a decade of wondering if Weight Watchers would work for me, I think I am giving up on it. Why be so careful if I don't see any results? I am moving back to America and want to start having kids soon, and I doubt I can do that with this weight on me.

It is time to do something more drastic. I just don't know what that means yet.



Fajitas with homeade salsa. View the recipe at groovekorea.com.

(10 Weight Watchers points per serving)

DAY
79

Dec. 19, 2012
CUTTING OUT THE CULPRIT

I just realized that in the first two weeks, when I found drastic weight loss, I was also not drinking soda. I caved for diet sodas, but around that time, I stopped losing weight. I think I am going to cut it out of my diet again and see if that helps reflect any change.

DAY
81

Dec. 22, 2012
SHEDDING THE POUNDS

Weigh-in 13: **-4.6 pounds**

Eating out less and using the stairs are finally paying off. I lost 4 pounds this week — finally! Hopefully my body is starting to realize it doesn't have to hang onto that weight anymore. I am now down 15 pounds.

DAY
89

Dec. 30, 2012
NO NEWS IS BAD NEWS

Weigh-in 14 (Dec 29): **no change**

My being sick last week did not result in any weight loss; however, I did not gain anything. My weight is exactly the same. Since I was sick all week and not cooking, my husband gained 5 pounds.

I'm frustrated with being careful while seeing low results, perhaps because Weight Watchers actually gives me more food than I need. Granted, I am not exercising a lot, but 15 pounds in three months and the same pant size do not make me happy.

This holiday weekend, I am planning on doing whatever I want with friends, out celebrating with my husband. And next week, I'm doing something more drastic.

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DAY
95Jan. 4, 2013
NEW YEAR'S RESOLUTION

I am now on one of the popular HCG diets. I have to cut out all the starchy, sugary foods that I love, and have a very strict dietary regimen: 4 ounces each of meat and veggies twice a day, two daily servings of fruits, and Omnitrition HCG drops sent from the U.S.

I woke up today 3 pounds lighter than I was yesterday morning! Although I feel like I am starving myself, I'm already seeing results.



TODAY I REALIZED THAT SINCE I STARTED THIS DIET, I HAVE LOST 12 POUNDS. THIS HAS NOTHING TO DO WITH EXERCISE – SIMPLY BEING MORE AWARE OF THE PORTION SIZES OF FOOD, LEARNING WHAT A PORTION SIZE REALLY IS, AND HOW MUCH I CAN EAT IN A DAY. I ENJOY THE CHALLENGE MOST DAYS.

DAY
96Jan. 5, 2013
CHANGING IT UP PAYS OFF

Weigh-in 15: -8.4 pounds

As of today, I have officially lost 5 percent of my body weight. This second diet has me losing weight rapidly. It's not for everyone, and is admittedly difficult to stay faithful to.

I have been eating some killer burgers this week, eliminating cheese and wrapping it up in lettuce. I can use mustard but no other condiments on my burger, as they all have starches or sugars.

DAY
100Jan. 9, 2013
REFLECTING, MOVING AHEAD

As I reflect upon the last 100 days, I see a lot of frustration. I have learned that many people on Weight Watchers struggle because they don't need nearly as much food as they're allowed on the program, yet they're told to eat all their points every day. In the last week on the Omnitrition HCG drops, I've lost 13 pounds. Every time I catch a glimpse of myself in the mirror, I think, that cannot be me, I look good — but most importantly, I look healthy! My husband keeps saying he can see the weight loss in my face.

I have more energy most of the time, and this winter, I have been relatively healthy. This journal reflects a cold and a bout of food poisoning, but other than that, I have felt pretty good.

Last winter on no vitamins and with no goals for eating better, I had bronchi-

tis for a month that turned into moderate pneumonia (and a solid week in the hospital). Then, as the bronchitis kept returning, I was sick from November straight through February.

Through this experience, I have learned a lot about my body and being healthy. These are tips and tools that I intend to continue beyond this article, and pray that this "diet" turns more into a way of life. Once I have lost a considerable amount, I may try Weight Watchers again since my husband is still on it, but I have to get the drastic weight under control first. Either way, I intend to continue getting healthy, and staying there.

Oh, by the way, I have lost a total of 27 pounds as of today. **GROOVE**



ABOUT THE WRITER

Jessica Felkel returned to the United States in March. Since starting this diet in October, she has lost 32 pounds. Follow her recipes and dieting experiences on her blog, felkelfoodie.wordpress.com.



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McNALLY'S EXTRA ALE



맥날리 엑스트라

스타일: 아이리시 레드 에일

도수: 7.0%

색상: 붉은 캐러멜 색

주성분: 세가지 홉과 세가지 맥아 (캐러멜, 페일, 흑 맥아)

특성: 강한 도수임에도 균형 잡힌 부드럽고 풍부한 맥주 맛을 자랑하는 최고의 에일

McNALLY'S EXTRA

STYLE: Irish Red Ale.

ALCOHOL BY VOLUME: 7.0%

COLOUR: Caramel coloured with a reddish hue.

KEY INGREDIENTS: Blend of pale, caramel and black malts, and three varieties of hops.

CHARACTER: Sweet and hoppy, caramel and dark fruity plum notes.

Big Rock Pub Restaurant • Sharky's • Thirsty Moose • B1 • 2BROS #1 • The Shisha House

Do you want to carry Big Rock on tap?
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OUR BEER

Connects us with our friends, family and craft – perfect for just about every occasion, they beg to be shared and celebrated.



STYLE: Brown Ale.
COLOUR: Deep copper with garnet flashes.
KEY INGREDIENTS: Three varieties of hops, and a blend of caramel, pale and black malts.
CHARACTER: Fills your mouth with a fusion of toasty malt and sweet caramel up front finishing with a nutty flavour, medium creamy carbonation.



STYLE: Wheat Ale.
COLOUR: Golden yellow.
KEY INGREDIENTS: Three types of pale and wheat malts.
CHARACTER: Light on the palate, yet packed with flavour and European hop aroma, with fruity or citrusy notes.



STYLE: Dark Lager.
COLOUR: Amber with white, billowy head.
KEY INGREDIENTS: Blend of pale and caramel malts, as well as honey from Three Hills, and two varieties of hops.
CHARACTER: Sweet and honey/molasses flavour, slightly hopped with fuller mouth feel.



STYLE: Brown Ale.
COLOUR: Warm reddish light brown.
KEY INGREDIENTS: Blend of pale, caramel and black malts and a blend of three hop varieties.
CHARACTER: Malty with a hint of toffee balanced with very evident hop and followed by a clean finish.



STYLE: India Pale Ale.
COLOUR: Golden amber.
KEY INGREDIENTS: British-style hops known as Fuggles. Seriously.
CHARACTER: A classic ale dry hopped to lend a distinctive character. Spicy warm, earthy.



STYLE: Scottish Style Heavy Ale.
COLOUR: Bronze with toffee tones.
KEY INGREDIENTS: Pale malt, caramel malt, peated malt, munich malt, hops.
CHARACTER: Strong and full bodied with a complex mix of toffee, caramel, vanilla and a hint of peat.



STYLE: Light lime Lager.
COLOUR: Soft gold.
KEY INGREDIENTS: Pure malted barley, hops, water and lime.
CHARACTER: Light body with slight lime aroma and flavour.



STYLE: Dry Cider.
COLOUR: Light yellow (varies by batch).
KEY INGREDIENTS: Okanagan apples, pears.
CHARACTER: Apple with notes of vanilla and cinnamon, mouth feel is crisp and dry.

Big Rock beers at:

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ILSAN WEASEL PUB

BUNDANG Traveler's Bar & Grill

PYEONGTAEK Blue Monkey

INCHEON O'Malley's

DAEJEON The Shisha House

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BREWERY

THE END OF KOREA

Island hopping on Udo and Marado

Photos by Matthew Lamers



Udo 우도

Step onto Udo and into another era. This tiny island of 2,000 residents is what Jeju was like long before budget airlines brought in vacationers by the millions. Miyeok (brown seaweed) farming has driven this tiny economy for decades. The stuff is spread along the shoulder of Udo's roads to dry before being exported to the mainland. Low basalt rock walls protect the island's small farms from saltwater and high winds. Climb Seongsan Ilchulbong (성산일출봉) for view of the entire island.

Udo is a quiet, charming place mid-week, but is overrun with tourists on the weekend. They run amok on hundreds of ATVs. Other popular activities include deep-sea fishing, jet skiing, hiking and taking submarine tours. The best time to enjoy the peaceful nature of the island is Monday-Friday.

**Where to stay**

A 20-pyeong private cottage, separated from the main buildings, is available for 120,000 won per night.

For more information online, visit www.udo-pip.com.

Call 011-9032-9621.

Getting to Udo

The ferry to Udo leaves from Seongsan Harbor (성산항) and goes to Cheonjinhang Harbor on Udo. It's about 2,000 won per person or 15,000 won per vehicle each way. Times: Every hour from 7 a.m. until 5 p.m. Ferries from Udo leave from Cheonjinhang every hour from 8 a.m to 6:30 p.m.

Marado 마라도

The southernmost point in Korea carries an end-of-the-world air, a lonely place where people can go to be forgotten. It's quiet and peaceful — that is, if you're lucky enough to not be here on the weekend. Like pretty much everywhere on Jeju, Marado swarms with tourists on Saturdays and Sundays.

It's a small place, 4.2 kilometers long and 39 meters at its widest. Even with two babies in tow, I circled the island in about half an hour on foot. In fact, Marado so small that splashing saltwater prevents the 80 inhabitants from growing any crops. There is one school, one temple and two churches. There is one automobile on the island, so when residents want to get around they drive golf carts. All the electricity on the island comes from solar panels. If you come here and can't stomach jjambong (Korean-Chinese spicy noodle soup), you'd better pack a lunch. There are seven places that serve up some of the best jjambong around, and nothing else.

Where to stay

There are quite a few minbak.

Getting to Marado

The ferry to Marado leaves from Moseulpo Port and travels the 11 kilometers to the island.

Time: Every hour from 10 a.m. until 4 p.m. Get there early, as tickets typically sell out fast on the weekend.

Ferries from Marado to Moseulpo Port leave every hour from 10:30 a.m to 4:30 p.m.













See page 22 for a map.

EMBASSIES	EMERGENCY MEDICAL STATION		AIRLINES
<p>American Embassy (02) 397-4114 • 188 Sejong-daero, Jongno-gu, Seoul</p> <p>Canadian Embassy (02) 3783-6000 • 613-996-8885 (Emergency Operations Centre) Jeongdong-gil (Jeong-dong) 21, Jung-gu, Seoul</p> <p>British Embassy (02) 3210-5500 • Sejong-daero 19-gil 24, Jung-gu, Seoul</p> <p>Australian Embassy (02) 2003-0100 • 19th fl, Kyobo bldg., 1 Jongno 1-ga, Jongno-gu, Seoul</p> <p>Philippine Embassy (02) 796-7387~9 • #5-1 Itaewon-dong, Yongsan-gu, Seoul</p> <p>Spanish Embassy (02) 794-3581 • 726-52 Hannam-dong, Yongsan-gu, Seoul</p> <p>French Embassy (02) 3149-4300 • 30 Hap-dong, Seodaemun-gu, Seoul</p>	<p>Gangnam St. Mary’s Hospital 1588-1511 • 222, Banpo-daero, Seocho-gu, Seoul</p> <p>Yonsei Severance Hospital (Sinchon) (02) 2227-7777 • 50, Yonsei-ro, Seodaemun-gu, Seoul</p> <p>Asan Medical Center 1688-7575 • 88, Olympic-ro 43-gil, Songpa-gu, Seoul</p>	<p>Seoul National University Hospital 1339 • 28-2, Yeongeon-dong, Jongno-gu, Seoul</p> <p>Seoul Samsung Hospital 1599-3114 • 50, Irwon-dong, Gangnam-gu, Seoul</p> <p>Keimyung University Dongsan Medical Center (053) 250-7167 (7177 / 7187) • 56, Dalseong-ro, Jung-gu, Daegu</p>	<p>Korean Air 1588-2001</p> <p>Asiana Airlines 1588-8000</p> <p>Lufthansa (02) 2019-0180</p> <p>Eastar Jet 1544-0080</p> <p>Air Busan 1666-3060</p> <p>Jeju Air 1599-1500</p>
DOMESTIC TOURS			
	<p>Adventure Korea 010-4242-5536 • adventurekorea.com</p> <p>Cosmojin Tour (02) 318-3405 • cosmojin.com</p> <p>Discover Korea (02) 398-6571 • www.discoverkoreatour.com/en</p> <p>E Tour (02) 323-6850 • koreaetour.com</p> <p>Explore Korea • sonyaexplorekorea.com</p> <p>Grace Travel (02) 332-8946 • english.triptokorea.com</p> <p>Joy Leisure Service (02) 2307-8642 • joyleisures.com</p>	<p>Panmunjom Travel Center (02) 771-5593 • koreadmztour.com</p> <p>Korean Safari (02) 587-9044 • koreansafari.com</p> <p>Fantastic Tour (02) 6925-7007 • nicetours.co.kr</p> <p>Seoul City Tour (02) 774-3345 • seoulcitytour.net</p> <p>Tour DMZ (02) 755-0073 • www.tourdmz.com</p> <p>Travel Pants Korea 010 9961 5765 • travelpantskorea.com</p>	<p>T’way Air 1688-8686</p> <p>Jin Air 1600-6200</p> <p>Air Canada (02) 779-5654</p> <p>Air France (02) 3788-0400</p> <p>British Airways (02) 774-5511</p> <p>Cathay Pacific Airways (02) 311-2700</p> <p>Delta Airlines (02) 754-1921</p> <p>Emirates Airlines (02) 2022-8400</p>
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<p>Fides Travel (02) 755 5470 • fidestravel.co.kr</p> <p>JNC Travel Service (02) 796 9633 • blog.naver.com/jnctravel</p> <p>Prime Travel (02) 6739 3570</p> <p>Shoe String Travel (02) 333 4151 • shoestring.kr/eng/abo01.htm</p> <p>Soho Travel (02) 322 1713 • sohoholiday.com</p> <p>Top Travel Service (02) 737 4289 • toptravel.co.kr/eng</p> <p>Unique Travel (02) 792 0606</p>	<p>Sheraton Grande Walkerhill (02) 455-5000 • 177, Walkerhill-ro, Gwangjin-gu, Seoul</p> <p>NOVOTEL Ambassador Gangnam (02) 567-1101 • 603, Yeoksam 1-dong, Gangnam-gu, Seoul</p> <p>Grand Hilton Seoul (02) 3216-5656 • 353, Yeonhui-ro, Seodaemun-gu, Seoul</p>	<p>Somerset Palace Seoul (02) 6730-8888 • 85, Susong-dong, Jongno-gu, Seoul</p> <p>Lotte Hotel Busan (051) 810-1000 • 772, Gaya-daero, Busanjin-gu, Busan</p> <p>Park Hyatt Busan (051) 990-1235 • Bansong 1-dong, Haeundae-gu, Busan</p>	<p>Astoria Hotel (02) 2268-7111 • 13-2, Namhak-dong, Jung-gu, Seoul</p> <p>Park Hyatt Seoul (02) 2016-1234 • 606, Teheran-ro, Gangnam-gu, Seoul</p>

FAMILY & KIDS

INTERNATIONAL SCHOOLS

Chadwick International
(032) 250-5000 • 17-4 Songdo-dong, Yeonsu-gu, Incheon

Yongsan ISS
(02) 797-5104 • San 10-213 Hannam-dong, Yongsan-gu, Seoul

Seoul IS
(031) 750-1200 • 388-14 Bokjeong-dong, Sujeong-gu, Seongnam, Gyeonggi-do

Seoul Foreign School
(02) 330-3100 • 55-1 Yonhi-dong, Seodaemun-gu, Seoul

Branksome Hall Asia
(02) 6456-8405 • Daejung-eup, Seogipo-si, Jeju island

Daegu IS
(053) 980-2100 • 1555 Bongmu-dong, Dong-gu, Daegu

Sullivan School
(02) 544-4445 • 543-4 Sinsa-dong, Gangnam-gu, Seoul

AMUSEMENT PARKS

Everland resort
(031) 320-5000 • 310 Jeondae-ri, Pogok-eup, Cheoin-gu, Yongin-si, Gyeonggi-do

Lotte World
(02) 411-2000 • 240 Olympic-ro, Songpa-gu, Seoul

Pororo Park (D-Cube city)
1661-6340 • 360-51 Sindorim-dong, Guro-gu, Seoul

Pororo Park (Jamsil)
1661-6371 • 40-1 Jamsil-dong, Songpa-gu, Seoul

Children's Grand Park (zoo)
(02) 450-9311 • 216 Neungdong-ro, Gwangjin-gu, Seoul

Seoul Zoo
(02) 500-7338 • 159-1 Makgye-dong, Gwacheon-si, Gyeonggi-do

BOOKSTORES

B1 What The Book
(02) 797-2342 • 176-2, Itaewon 1-dong, Yongsan-gu, Seoul
Located in Itaewon, this English bookstore has new books, used books and childrens' books.
• whatthebook.com

Kim & Johnson
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UPENNIVY dental
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Mir dental
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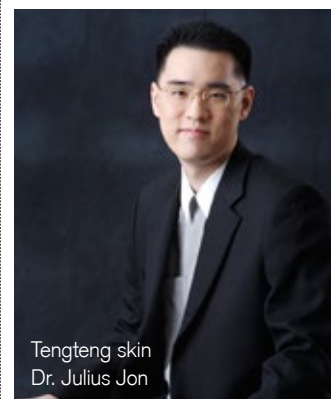
Soseng clinic
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FITNESS

Reebok Crossfit Sentinel
(02) 790-0801
• reebokcrossfitsentinel.com

World Gym
Yeoidu (02) 782-1003. Gangnam (02) 2052-0096. Ilsan (031) 932-7010. Busan (051) 758-5554
• www.asiaworldgym.com

Body & Seoul
010-6397-2662
• www.seoulmartialarts.com



Tengteng skin
Dr. Julius Jon

MUSEUM & GALLERIES

National Museum of Korea
(02) 2077-9000 • 168-6 Yongsandong 6-ga, Yongsan-gu, Seoul

The NMK offers educational programs on Korean history and culture in English and Korean.

National Palace Museum of Korea
(02) 3701-7500 • 12 Hyoja-ro, Jongno-gu, Seoul

This museum has a program called 'Experiencing Royal Culture' designed for English teachers to help learn about Joseon royal culture.

Seodaemun Museum of Natural History
(02) 330-8899 • 141-52 Yeonhui-dong, Seodaemun-gu, Seoul
Don't know where to take your kids on weekends? This museum exhibits a snapshot of the world and animals.

Daegu Art Museum
(053) 790-3000 • 374 Sandeok-dong, Suseong-gu, Daegu
Art space for local culture presenting Daegu's contemporary fine arts and internationally renowned artists.

National Museum of Contemporary Art, Korea
(02) 2188-6000 • 313 Gwangmyeong-ro, Gwacheon-si, Gyeonggi-do

Leeum Samsung Museum of Art
(02) 2014-6901 • 747-18 Hannam-dong, Yongsan-gu, Seoul
10:30 a.m.-6 p.m. Closed on Mondays, New Year's day, Lunar New Year and Chuseok holidays.

Kumho Museum
(02) 720-5114 • 78 Sagan-dong, Jongno-gu, Seoul
10 a.m.-6 p.m. Closed on Mondays.

Gallery Hyundai
(02) 734-6111~3 • 22 Sagan-dong, Jongno-gu, Seoul
It's the first specialized art gallery in Korea and accommodates contemporary arts.
10 a.m. -6 p.m. Closed on Mondays,

New Year's Day, Lunar new year and Chuseok holidays.

Plateau
(02) 1577-7595 • 50 Taepyung-ro 2-ga, Jung-gu, Seoul
10 a.m.-6 p.m. Closed on Mondays.

Arirang Gallery
(051) 731-0373 • 111 Centum Q, 1483 Woo-dong, Haeundae-gu, Busan
10 a.m. 7 p.m. Closed on Mondays.
• arirangallery.com

See page 22 for a map.

RESTAURANTS

AMERICAN & BRUNCH

Gobble n' Go

(02) 790-5390 • 118-18 Itaewon 1-dong, Yongsan-gu, Seoul

R1 Suji's

(02) 797-3698 • 34-16, Itaewon 1-dong, Yongsan-gu, Seoul

The Flying Pan Blue

(02) 793-5285 • 123-7, Itaewon 1-dong, Yongsan-gu, Seoul

R2 Two Hanz Burger

(02) 6401-7705 • 1 floor, 45-10, Yongsan-dong 2-ga, Yongsan-gu, Seoul

R3 TG Brunch(02) 749-8005 • 305-5, Itaewon 2-dong, Yongsan-gu, Seoul
This small and friendly neighborhood restaurant offers an affordable homestyle brunch all day.**Blue Crab**

(02) 6081-9888 • B1, 112-2, Itaewon 1-dong, Yongsan-gu, Seoul

G'day053-746-1217 • 980-9
Suseongdong 4-ga, Suseong-gu, Daegu
This Aussie brunch cafe serves the best brunch in Daegu at the best price. www.facebook.com/CafeGday**Jo's Basket Grill & Dining**

(02) 744-0701 • 31-37 Dongsoong-dong, Jongno-gu, Seoul

KOREAN & BBQ

R4 HBC Gogitjib (Itaewon)

(02) 796-5528 • 46-5, Yongsan-

dong 2-ga, Yongsan-gu, Seoul

Small Happiness in the Garden

(02) 975-3429 • 28-3 Jeodong 1-ga, Jung-gu, Seoul

Jang Sa Rang(02) 546-9994 • 624-47 Sinsadong, Gangnam-gu, Seoul
The menu at this traditional Korean restaurant ranges from classic kimchi pancakes and stone pot rice to an array of meats and veggies.**Maple tree house**

(02) 790-7977 • (Hamilton Hotel annex 2nd fl.) 116-1 Itaewon-dong, Yongsan-gu, Seoul

Ondal(02) 450-4518 • 177 Walkerhill-ro, Gwangjin-gu, Seoul
Looking to impress a date or a business partner? Head to the premier traditional Korean restaurant in Seoul.**Hadongkwan**

This place simply has the best gomtang (beef soup) in Seoul.

THAI & VIETNAMESE

R5 Thai Garden

(02) 792-8836 • 737-24, Hannam-dong, Yongsan-gu, Seoul

Pho Hoa

(02) 792-8866 • 737-4, Hannam-dong, Yongsan-gu, Seoul

R6 Le Saigon

(02) 792-0336 • 74-33, Itaewon 1-dong, Yongsan-gu, Seoul

Yum Thai

(02) 594-7988 • 5-4 Nonhyun-dong, Gangnam-gu, Seoul

ITALIAN & FRENCH

Trevia (Hannam-dong)

(02) 795-6004 • 738-25, Hannam-dong, Yongsan-gu, Seoul

R7 Trevia (Itaewon)(02) 794-6003 • 557 Itaewon-dong, Yongsan-gu, Seoul
Their pizzas are Roman style, the thin, crispy dough comes out of the oven literally smoking hot.**R8 Le Cigale Montmartre**

(02) 796-1244 • 123, Itaewon 1-dong, Yongsan-gu, Seoul

R9 Pizzeria D'Buzza(02) 794-9474 • 743-33, Hannam-dong, Yongsan-gu, Seoul,
This trendy joint has a full range of Italian fare. Make sure to make a reservation.**R10 CasaAntonio**

(02) 794-8803 • 124-6 Itaewon-dong, Yongsan-gu, Seoul

The Paris(053) 763-8998 • 207-10 Doosan-dong, Suseong-gu, Daegu
This place offers fine dining in one of the few authentic French restaurants in town.**R17 Vera Pizza Napoli**(02) 796-7223 • 729-74 Hannam-dong, Yongsan-gu, Seoul
Fine Italian dining in a casual European style setting. Sticking to traditional Napoli-style recipes, this place is one of the most authentic Italian pizza restaurants in Korea.

Vera Pizza Napoli



MEXICAN & TEX-MEX

Dos Tacos (Gangnam)(02) 593-5904 • 104 Dessian Luv, 1303-35 Seocho-dong, Seocho-gu, Seoul
The best and largest taco franchise is Korea, try out their shrimp potato burrito.**Dos Tacos (Daegu)**

(053) 255-4885 • 34-4 Dongsung-ro 2-ga, Jung-gu, Daegu

R11 Urban Vatos(02) 797-8226 • 181-8, Itaewon 1-dong, Yongsan-gu, Seoul
A unique ambience makes this upscale restaurant an ideal place to fill your stomach with authentic favorites.**Grill5taco**

(02) 515-5549 • 519-13 Sinsadong, Gangnam-gu, Seoul

CHINESE & JAPANESE

R12 Songhwawon(02) 794-8522 • 743-34, Hannam-dong, Yongsan-gu, Seoul
The one and only gochujang tangsuyook (fried pork with read pepper sauce) in Korea.**R13 Gida-sushi**

(02) 749-3558 • 683-125, Hannam-dong, Yongsan-gu, Seoul

Ho Lee Chow

(02) 793-0802 • 119-25, Itaewon 1-dong, Yongsan-gu, Seoul

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Copacabana(02) 796-1660 • 119 Itaewon-dong, Yongsan-gu, Seoul
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The Paris



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Changcheon-dong, Seodaemun-gu, Seoul

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VEGETARIAN

So True

(02) 549 7288 • Jinseong Building, 58-6 Samseong-dong, Gangnam-gu
blog.naver.com/julieintoday

Sanchon

(02) 735 0312 • 14 Gwanghun-dong, Jongno-gu. www.sanchon.com

Veggie Holic

070 4114 0458 • 204-59 Donggyo-dong, Mapo-gu. www.veggieholic.co.kr

DESSERT

R14 Tartine

(02) 3785-3400 • 119-15, Itaewon 1-dong, Yongsan-gu, Seoul

Chef Garrett's Tartine features cherry pie, rhubarb pie, butter tarts and so many more. All made in house.

R15 Coffee Chu

(02) 790-6821 • 682-10, Hannam-dong, Yongsan-gu, Seoul

R16 Takeout Drawing

(02) 797-3139 • 683-139, Hannam-dong, Yongsan-gu, Seoul

Ben's Cookies

(02) 556-3275 • 124-9, Itaewon 1-dong, Yongsan-gu, Seoul



Ben's Cookies

DRINKS

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BEER

01 Craftworks taphouse

010-7666-1588 • 238,

Noksapyeong-daero, Yongsan-gu, Seoul

The first expat-owned microbrewery in Korea still offers some of the best brews around. Try out their seasonal tastes in a warm and inviting ambience.

Magpie

(02) 549.7778 • 691, Itaewon-dong, Yongsan-gu, Seoul

02 Reilly's taphouse

(02) 792-6590 • 3 floor, 123-32, Itaewon 1-dong, Yongsan-gu, Seoul

Reilly's Taphouse boasts some 20 draft beers and is committed to carrying the best craft brews from Korea and around the world.



Reilly's taphouse

D3 3 Alley pub

(02) 749-3336 • 116-15, Itaewon-dong, Yongsan-gu, Seoul

Big Rock

(02) 539-6650 • B1 818-8, Yeoksam 1-dong, Gangnam-gu, Seoul

This place imports premium beer from Alberta. Its comfortable atmosphere and huge space is perfect for just about every occasion.

D4 Wolfhound (Itaewon)

(02) 749-7971 • Itaewon 1-dong, Yongsan-gu, Seoul, Korea

Wolfhound (Haeundae, Busan)

(051) 746-7913 • 1359 Woo 1-dong, Haeundae-gu, Busan



MON-THU 11:00AM-11PM

FRI-SAT 10:30AM-12AM

SUN 10:30AM-11PM

SMOKEY SALOON
BRUNCH
BAR
GRILL

HAMILTON
HOTEL

exit 2

ITAEWON
STATION

• ITAEWON-DONG 123-5 2F
02-532-9829



DAVIDHYUN
ENTERPRISES

See page 22 for a map.

DRINKS

COCKTAIL & WINE

Between

(02) 795-6164 • 124-7, Itaewon 1-dong, Yongsan-gu, Seoul

D5 Noxa

(02) 790-1334 • 671, Itaewon 1-dong, Yongsan-gu, Seoul

This cozy neighborhood hangout in Itaewon specializes in cocktails and tapas. Check out DOJO, a downstairs bar with huge variety of alcohol on offer.

B1

(02) 749-6164 • 119-7, Itaewon 1-dong, Yongsan-gu, Seoul

Prost

(02) 796-6854 • 116-1, Itaewon 1-dong, Yongsan-gu, Seoul

5th Lounge

(053) 764-3579 • 207-10 Doosan-dong, Suseong-gu, Daegu



Noxa

This fabulous lounge does just about everything right. If you're in search for space for private parties, this is the place.

Once in a blue moon

(02) 549. 5490 • 85-1 Chungdam-dong, Gangnam-gu, Seoul

A live jazz club Seoul that hosts internationally renowned musicians from Korea and around the world.



5th Lounge

SOJU/MAKEOLI

Mowmow

070-4078-8862 • 118-71, Itaewon 1-dong, Yongsan-gu, Seoul

D6 Jeon (전)

070-8749-5004 • 118-18, Itaewon 1-dong, Yongsan-gu, Seoul

SAKE

D7 Yuda

(02) 388-5081 • 683-126, Hannam-dong, Yongsan-gu, Seoul

D8 Muntaro

(02) 796-7232 • 683-124, Hannam-dong, Yongsan-gu, Seoul



*images courtesy of local london chip shops

Q.) TIRED OF BATTERED SHIT?

A.) BATTERED SOLE

"Best Fish & Chips in Seoul" - Groove Magazine, Josh Thompson

"Best Fish & Chips in Seoul" - Financial Times, Simon Mundy

"Best Fish & Chips in Seoul" - Joongang ilbo, Maxwell Coll

NIGHTCLUBS

Octagon

• 175-2 Nonhyeon-dong, Gangnam-gu, Seoul

Vera

• 356-1 Seogyo-dong, Mapo-gu, Seoul

Cocoon

• 364-26 Seogyo-dong, Mapo-gu, Seoul

NB

• 362-4 Seogyo-dong, Mapo-gu, Seoul

Eden

• Ritz Carlton 602 Yeoksam-dong, Gangnam-gu, Seoul

Elune

• 1408-5 Jung 1-dong, Haeundae-gu, Busan

Mass

• 1306-8 Seocho 4-dong, Seocho-gu, Seoul

MASSAGE, SPA & BEAUTY

A1 Healing hands

070-7504-8090 • 3 floor 124-7, Itaewon 1-dong, Yongsan-gu, Seoul
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Tiffany's nail

(02) 794-4179 • 123-26, Itaewon 1-dong, Yongsan-gu, Seoul
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Hair & Joy

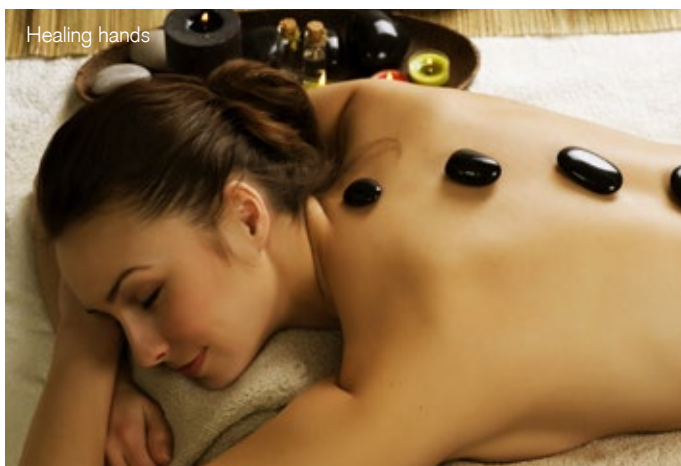
(02) 363-4253 • 3 floor, Hongnam Building, 168-3, Donggyo-dong, Mapo-gu, Seoul

Lucy Hair

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Chandcheon-dong, Seodaemun-gu, Seoul

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MEET THE HBC PERFORMERS

In Haebangchon, May means music

Story by Conor O'Reilly / Photos courtesy the bands

● For Seoul's most multicultural neighborhood, May means music. Haebangchon plays host to HBC Fest on May 24–25. Well-known for its diversity and variety of talent, the festival is one of Seoul's biggest for indie music.

Spread over two days (Friday evening and all day Saturday), the music at this festival covers everything from space rock and psychedelic to eastern Canadian folk rock to classic guitar to "beardy folksy."

A group of performers from this year's lineup, full of both newbies and seasoned players, spoke to Groove Korea about what the festival, now entering its seventh year, means to them and the music scene in Seoul.



MORE INFO

For updates and specific show times, visit www.hbcfest.com.



MAGNA FALL SPACE ROCK

Magna Fall are HBC Fest veterans, having attended five of the seven festivals. They've been together for two years and consist of Neil Smith (bass), Kim Taeil (guitar) and Kevin Heintz (guitar/vocals). They were featured in April's issue of Groove Korea.

"The small, intimate venues are nice. Especially when the weather is nice and everyone is out and about. Small, packed venues are great," they say.

Best HBC Fest memory: Playing in Phillies' basement. It may have been the first time we played HBC. I think the fact that the weather was great and the streets were crowded with people added to the atmosphere of Phillies that year. It hasn't been that busy since.

JOHNNY RED PUNK FOLK TECHNO

Johnny Red has been to every HBC Fest over the years. It wouldn't be an HBC Fest without him.

Best HBC Fest memory: In the early days when there were no cops nosing around.

DANJO AND HIS ONE-MAN BANGING DRUM DEATH METAL WITH A TWIST OF FOLK

This will be Danjo's first festival. He says he's been "jumping onto any fad at all that may have gone viral. I'm also a bit of a legend in the Dunboyne music scene." He says he likes the fact that HBC Fest focuses on making the crowd happy, not just on making money.

Expectations: To rock out like a mad yolk.

MICHAEL FLANIGAN BEARDY FOLKY

Michael Flanigan says he started writing songs about four years ago. He likes this festival because he enjoys seeing new bands and enjoying the carnival-like atmosphere. Plans other than performing: Checking out bands and enjoying the amazing food that Haebangchon has on offer.

DRUNK AND DISORDERLY CLASSIC ROCK

Drunk and Disorderly have been together for four years. They're made up of Richard Babin (guitar/vocals), John Park (bass), Wonil Kim (drums) and Joe Banta (lead guitar).

They say they like HBC Fest for the vibe, the music, the beer and the food.

Best HBC Fest memory: Making a music video in the basement of Phillies.

YVON MALENFANT (AND RYAN RITTER) EASTERN CANADIAN FOLK ROCK

Yvon Malenfant has performed at all of the HBC Fests. The current incarnation of the band has been together for about a year.

They are Yvon Malenfant (acoustic guitar), Ryan Ritter (violin) and Im John Imlach (percussion).

Favorite thing about the festival: There's a really cool international vibe.



THE TRIBUTATIONS MOTOWN

The Tributations are an eight-piece that were supposed to be a one-gig-wonder in February, but are back by popular demand. This is their first HBC Fest. They are Kayla Kenney, Kira Mayo and Grace Szarko on vocals, Zach Bardon (piano), Don Johnson (drums), Hyun-ho Lee (bass), Ben Gallagher (guitar) and Ian Parsons (saxophone).
Expectations: We guarantee to make you get on the dance floor!

PENTASONIC FUNKY, GROOVE-BASED SOUL

This will be Pentasonic's first festival as a band. Giggling again from November last year, the band has been busy recording their first album. They're made up of Ben Akers (vocals and guitar), June Bae (bass), Alex Hodge (drums) and Andy North (keys).

What they like about the festival: The variety of acts that perform is amazing.



BIG BONED RHYTHM CLASSIC ROCK MEETS BLUES, SOUL AND FUNK

Big Boned Rhythm has been together for the past year and a half. This will be their third festival. They are Craig Furlonger (vocals/guitar), Jarvis Martin (percussion), and Billy Hurricane (bass).

Best HBC Fest memory: Last year, we got on stage in front of three people. By the time we finished there were around 50. That makes you feel good.



LANGUAGE OF SHAPES PSYCHEDELIC FOLK ROCK

This Gangneung-based band has been to four HBC Fests and was recently featured in Groove Korea. They are Tristram Burden (lead vocals, mandolin, mandola, bouzouki), J.E. Seuk (vocals, mandolin, mandola, flute), Courtland Miles (bass) and Bobby Goldberg (djembe). Favorite thing about the festival: It's a really fun piece of well-organized chaos on a really charming little street with great folks and a great vibe.

TAMPAS DUSK MODERN, PSYCHEDELIC AND ORIGINAL ROCK

Tampas Dusk was born in 2012 after Seoul City Suicides guitarist D. Tizzard "decided to put some color" back into the life and world around him. With the refreshing lead vocals of front man Andro Paris and a colorful yet heavy rhythm section behind him, the band have sought out stages and audiences ever since. They are Andro Paris (vocals), D. Tizzard (guitars), Mike Shumaker (guitars), Simon Upstone (bass) and Ali Ugur Koc (drums).
Favorite thing about the festival: HBC Fest is great for all — the faded acoustic strummers, alcoholic socialites, indie hipsters, ska skankers and the local store owners. It's what life should be like all the time. It's what it's like in our head.

RANDY RENO AND THE PINE CLONES CLASSIC ROCK AND POP

Randy Reno and the Pine Clones formed with students from Hongik University's Engineering department. They played their first concert in December 2012 at Phillies. They are Randy Reno (vocals), Shim Min-soo (drums), Hwang So-jung (bass), Choi Yon-gil (guitar) and Kim Seong-ha (keyboard).

Expectations: I hope to create an audience for future concerts in the Haebangchon venues for Randy (and the band).

THE THREE ANGUSES AC/DC TRIBUTE

This four-piece has been together since 2009. They described the festival as, "like Sin City and Jailbreak all at once."

THE TWO GUITARS JAZZ/POP

The Two Guitars describe themselves as a jazz/pop styled guitar duo who enjoy improvising. They have performed at every HBC Fest and are comprised of Lance Reegan-Diehl and John Sagnella.

CAMARATA: A MUSICAL HOME FOR EXPATS AND KOREANS

Ensemble prepares a choral masterpiece for its May concert

Story and Photos by Tony Medina

● It is 1733 and the king of Poland dies. A brilliant yet imprisoned musical mind sees his chance to break through. He creates a classical masterpiece but dies decades upon decades before anyone truly appreciates it.

It is 2013, Seoul, and a group of expat singers is rehearsing the piece, Bach's Mass in B Minor, for its next concert. By now, the work is recognized as one of the most critically acclaimed, and most difficult, choral masterpieces around. The group is the Camarata Music Company and it is the only one of its kind in the sprawling metropolis.

The building where they rehearse seems like any other along the streets of Haebongchon, but for the distinctive strains of music that resonate up the stairs as I head down.

As I enter the rehearsal room, I'm struck by the variety of participants and the vast difference in their ages. It seems that the youngest singers are fresh out of university while the eldest, silver-haired member carries a cane that belies his strong and endearing voice.

I strike up a conversation with Hwang Ji-won, an observer who said she was so impressed with the group when she saw them in performance last year that she was inspired to audition.

"I couldn't believe they weren't professional singers," she said. "It took me a while to build up the courage, but I sent an email to them and they invited me to come to audition."

My focus turns to the man sitting at the head of the group, Ryan Goessl. He stops the singers and starts to instruct the tenors. I'm immediately struck by his strong and commanding personality and how easy it is to follow his lead. In just two minutes of witnessing him totally alter the sound of their voices with a seemingly minor exercise, my lips part and I am overcome with an urge to join them. Instead, I pick up my camera and snap some shots as they proceed with their rehearsal.

Goessl is the founder and director of the Camarata Music Company and his attention to detail is exact and profound, whether leading the group in rehearsal or talking about the technical aspects of the organization.

The small group got its start in 2009 and has grown so much since then that more than 1,000 internationals and native Koreans have now participated in the CMC.

"I saw a huge need for this kind of musical group in Korea," said Goessl, who holds a Doctor of Musical Arts (ABD) from Hansei

University, where he's also an adjunct professor in the music department. "Before I started this, only Korean groups were around and to be involved in them, you had to speak Korean. This international group has been a hugely popular idea."

Currently, the group consists of 80 amateurs, 28 semi-pros and between 30 and 35 orchestra members, including pianists, in three ensembles — the Camarata Chorale, the Camarata Chamber Singers and the Camarata Orchestra.

The group has not only grown in number, its repertoire has expanded as well. Last year, the CMC performed classics such as Handel's "Messiah" and Mendelssohn's "Elijah," in addition to staging full productions of the musicals "Seussical" and "Little Shop of Horrors."

This year, they're taking on the Bach Mass for their upcoming 14th concert on May 11 at Chungdong First Methodist Church in Seoul. Goessl beams with pride as he describes it.

"It is one of the greatest choral-orchestral works ever written, and one of the most difficult in the Baroque music repertoire," he said. "The choir is doing a wonderful job on it, and it will be a great concert."

The quick break is over and the rehearsal starts again. Before he heads to the front of the assembled group, Goessl smiles and invites observers to join the choir, orchestra or any other part of the organization, saying, "Everyone is welcome!"

As the countertenor starts to sing what previously seemed to me like an impossibly high note for a man, a member of the group pulls me to one side.

Dr. Cho Seung-su, a Seoulite and a CMC member since 2010, tells me about Camarata's outreach program for less fortunate Korean children, founded in the beginning of 2012 and run by CMC member Christine Kim. Through the program, the CMC provides free music lessons, instruments and tickets to their shows for youngsters in Korea who otherwise would not have had an opportunity to immerse themselves in classical music.

"Those in the group who have the will and time help out doing this," Dr. Cho said. "It is one of our key programs and helps us give back to the community that has given so much to us."

As I pack up, the friendly doctor asks me if I'd like to audition for their next musical pro-

duction in June, "The Wizard of Oz." I smile. Pick up my camera. Snap a shot of the rehearsing singers and ask, "When do I start?" **GROOVE**



Ryan Goessl is the founder and director of the Camarata Music Company



CAMARATA IN CONCERT

Camarata Music Company will perform Bach's Mass in B Minor on May 11 at Chungdong First Methodist Church in Seoul. For tickets, contact info@camaratamusic.com.

The church is located at Jung-gu, Jeong-dong 34 in Seoul. Go to City Hall Station, line 1 or 2, exit 1. Walk 5 minutes towards Ewha Girls' High School.

JOIN THE GROUP

To audition or for more information about the group, visit camaratamusic.com or email them at info@camaratamusic.com. You can also find them on Facebook under Camarata Music Company or on Twitter @Camaratamusic.

Seoul Jazz Festival 2013

5. 17 FRI

Ramsey Lewis

Electric Band with special guest Philip Bailey

MIKA

THE **PAROV STELAR** BAND

rodrigo y gabriela

Wouter Hamel

정원영

Maximilian Hecker

푸디토리움 & 장윤주

킹스톤 루디스카

라 벤타나 & 10cm

Roberta Gambarini

David Choi & Clara C

5. 18 SAT

damien rice
(solo)

Kings of Convenience

Roy Hargrove Quintet

Wouter Hamel

김성조 빅밴드 with 써니 킴

최백호 & 박주원

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RHYTHM & BBQ UNDER THE SPRING SUN

Jarasum Rhythm & BBQ Festival will be held May 17, 18

● If there's ever a festival that should be able to sell itself, it's the first-ever Jarasum Rhythm & BBQ Festival. Soothing jazz, warm afternoon sunshine and barbeque – all in the setting of the charming Jarasum Island in Gapyung, Gangwon Province.

Don't even come prepared: everything you need is provided on the island.

The festival aims to draw a wider array of people than the annual Jazz festival held in autumn. It will be held for two days, from May 17 to 18, and was organized by the Youth Jarasum Jazz Center and the PMC networks.

The festival was inspired by American festivals such as the Bedford Blues & BBQ, Charlotte BBQ & Blues and Winnipeg BBQ & Blues.

Music will range from jazz, flamenco, disco to swing and batucada, suitable for dancing.

The line-up is good enough to draw the attention of music fans. The Robert Glasper Experiment, winner of the 2013 Grammy Award for the Best R&B album, will perform on May 17, followed by the Benny Golson Quartet, the saxophone player from the legendary bands Dizzy Gillespie and Art Blakey. The Jazz Messengers will hit the stage on May 18.

Some bands have formed for this show only. They include the Watanabe-Berlin-Donati Trio and the Paul Jackson Trio. The Watanabe-Berlin-Donati Trio consists of Kazumi Watanabe, one of Japan's best jazz guitar players, Jeff Berlin, a top contemporary electric base player, and drummer Virgil Donati, whose music covers a wide range of genres. The Paul Jackson Trio consists of base player Paul Jackson, keyboardist Xantone Blacq — from Amy Winehouse's band — and French drummer Tony Match.

The internationally renowned Yang Bang Eun Band will spice up the event with German female jazz vocalist Lisa Wahlandt.

Besides the jazz, Harim and Gypsy & Fish Orchestra will present a unique sound combining gypsy and swing.

GROOVE



Benny Golson Quartet



Lisa Wahlandt



Watanabe-Berlin-Donati Trio_
Kazumi Watanabe



Watanabe-Berlin-Donati Trio_Virgil Donati



TICKETS ARE AVAILABLE THROUGH INTERPARK AND HANATOUR. A ONE-DAY PASS COSTS 50,000 WON AND A TWO-DAY PASS COSTS 80,000 WON. A VARIETY OF PACKAGE DEALS ARE ALSO AVAILABLE, INCLUDING CAMPING PACKAGES AND ONE THAT INCLUDES THE BBQ ZONE.

Zion Luz Project



Robert Glasper Experiment



Watanabe-Berlin-Donati Trio_Jeff Berlin



Ryo Kunihiro's Band

Jarasum panoramic view



PROBATIONARY
THEATER

Story by Daniel White / Photos by Jema Abbate

CULTURAL OUTSIDER
TURNS TO MURDER

'Medea' will be performed May 10, 11 and 12 at the White Box Theatre

● I'd like to cast your mind into the distant past and into the society of ancient Greece. A culture that is controlled and toyed with by the almighty powers of the gods, it's a place where superstitions are laws of nature. Imagine being a foreigner in this time and place where the way you wear your hair or the ingredients in your food might be construed as omens of great portent. Imagine being the outsider in a place where the price of life is cheap and the best way to live to a ripe old age is to keep your head down and not attract too much attention. Imagine these things and you have begun to enter the world of Medea.

Ross McKenzie is directing a modern remake of the classic story by Euripides, which has been

revamped by fellow Scot and poet laureate Liz Lochhead. The production is to be presented by the Probationary Theatre Company this May.

"We all recognize what it is like to be an outsider to some degree or other," says McKenzie. "Medea is the ultimate outsider: seen as a witch, poisoner and murderess, and is thus subjected to curtain twitching and gossip. Also, most of us have been unlucky enough to have experienced the rawness of breaking up, either as the rejecter or rejected, and have probably thought some terrible thoughts.

"After watching this, you won't feel nearly as guilty for those thoughts."

This classic tale of revenge and tragedy is that of Medea, who avenges the infidelity of her husband

Jason by killing his girlfriend, her father and finally her and Jason's three children.

"'Medea' is a timeless piece that ties in with my belief that we want to go to the theater to watch what we don't want to watch in reality. The issue of infanticide rates pretty highly in that regard, and is a delicious problem to tackle through character and plot. To justify the actions — not in the sense of approval — of Medea is a puzzle that whetted the appetite of theater professionals and audiences for years, and I nor the rest of our cast feel any different in that regard," says McKenzie, the director and veteran performer of several productions in Seoul, as well as in his native Scotland. **GROOVE**



MORE INFO

"Medea" will be performed in English with Korean subtitles on May 10, 11 and 12 at the White Box Theatre near Hyochang Park station on subway line 6.

TICKETS

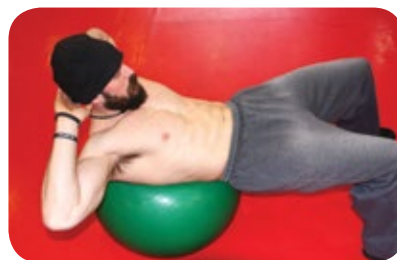
Tickets are 15,000 won. Bookings and more information are available at the website www.probationarytheatre.com.



GET IN SHAPE FOR SUMMER

Warning: Circuit training's side effects include hot bodies and weight loss

By Khaled Allen, Fitness Consultant for Body & Seoul / Photos courtesy Body & Seoul



● With summer approaching, you may be worried about the extra pounds you've put on after months of inactivity. Tallying up how many hours of exercise you'll need to get back into shape, it's easy to be on the verge of giving up when considering the momentous task before you.

Traditional workout routines can take up to two hours, given that you work every weight machine on the floor before hopping on the elliptical. New studies are showing, however, that shorter, more intense exercise is actually more effective at burning calories, conditioning and shedding pounds. These higher intensity workouts can take as little as four minutes a day, and rarely exceed 20 minutes.

High-intensity interval training

High-intensity interval training, or HIIT, is actually nothing new, but it has only recently begun to be utilized in the mainstream fitness world. Martial artists, boxers, wrestlers, sprinters and cyclists have always used this technique in their training to condition themselves for the high power outputs necessary for their sports. The convenient side effect has always been the development of impressive physiques and simple weight maintenance.

This method of training, also known as circuit training, basically involves alternating between periods of high- and low-intensity activity. Some methods use a complete rest in place of the low-intensity interval. This structure allows you to maintain a much higher work rate during the high-intensity portions than you would if you maintained a steady state, as with jogging. The limited rest periods force your body to learn to recover faster by breaking down energy stores quickly. The overall result is a heightened metabolic rate, meaning you burn more calories all day, assisting with weight loss.

Some of today's most popular fitness programs use this model, with some examples that include P90X, CrossFit, kettlebell programs and most MMA and boxing programs.

A local gym offering HIIT training is Body & Seoul with their FightFit program.

You can use any kind of movements you like in a HIIT session — bodyweight moves (those which only use a person's own weight as resistance, such as pull-ups) are popular. Generally, you should try to use movements that involve large muscle groups: Pushups and broad jumps are good choices; bicep curls are not. As a result of their fast pace and the potential for technique breakdown, if you do decide to use weights, make sure they are weights you know you can handle safely even when fatigued.

Most interval sessions are meant to be performed in 5 to 10 minutes. One of the most popular (and most intense) interval protocols lasts a mere four minutes. The longer ones go up to 20 minutes. Between the repetitive movements, quick pace and the fact that the exercise stress is being compressed into a short time frame, these workouts should rarely, if ever, go past 20 minutes.

Benefits of interval training

The most notable benefit of interval training is the fact that the workouts can be done in a very short amount of time. Being able to do a workout in only 10 minutes eliminates any excuses you can come up with. The fact that they are actually more effective than traditional training routines doesn't hurt either.

Another benefit is that most interval sessions can be done with minimal equipment. The accelerated pace means that you can use nothing but your body and still be totally exhausted when you finish. The equipment that lends itself well to interval sessions is also fairly minimalist: kettlebells, light dumbbells, barbells, sandbags and medicine balls.

Interval training is most effective when used as a conditioning workout, meaning that it trains your body to put its energy stores to use in an efficient way. Done well, interval training will burn a lot of calories very quickly. This has the effect of elevating your base metabolic rate, which is a much better indica-

tor of weight loss than simple calories burned during a workout. It also means that, throughout the course of the day, you will be burning more calories than you normally would.

Interval training can also be used for gaining strength, though it should be noted that it will not be as effective as a focused strength routine using high weights and low reps. You will get stronger on an interval program, but your gains will stop after a while. **GROOVE**

SAMPLE WORKOUTS

Tabata Sprints (four minutes)

The Tabata protocol is named after Izumi Tabata, a Sport and Health Science professor who in 1996 found that four minutes of intense activity improved speedskaters' ability more effectively than their usual long, slow training programs. It's a brutal four minutes, so be conservative your first time and listen to your body.

The program: Eight rounds, 20 seconds each, sprinting as fast as you can, separated by 10 seconds of total rest. Make sure you start your sprints immediately when your rest is finished. If you decide to use a treadmill, keep the belt running between sets, but be very careful lowering yourself back on for each interval. The belt won't let you slow down when you're tired, so start at a pace you can comfortably handle.

SAMPLE WORKOUTS

This workout can be done at home or in a hotel room, even if you only have 10 minutes to spare. You can also add other movements if you want. Match the more difficult or complex movements with low reps, and the simpler ones with higher reps.

The program: For 10 minutes, perform as many rounds as possible with good form. You should slow down and take short rests to ensure good technique.
Five squat jumps
10 pushups
15 sit-ups
20 squats
30 second plank hold

The fitness advice in this column is the author's and not that of Groove Korea. — Ed.

**IN-HO CHA, D.D.S., M.S.D., Ph.D.**

Professor, Department of Oral & Maxillofacial Surgery, Oral Cancer Research Institute
Yonsei University Dental Hospital

TREAT, EVEN PREVENT, ORAL CANCER

Early detection is important, but to prevent cancer, quitting smoking, drinking is key

● The oral cavity is a gateway to the digestive system that has masticating and speaking functions. It also has a role to play in a person's first impression, as it is an important part of facial appearance.

Because of its low prevalence rate, many people are not aware of the fact that cancer could occur in the oral cavity. If treatment of oral cancer is delayed, the patients shall face difficulties in their daily lives due to functional and esthetic problems. I feel sorry, since if they received early treatment, they would have gotten much better results. Here, we would like to look into the cause, prevention and treatment of oral cancer, as well as self diagnosis methods for early detection.

The major cause of oral cancer is smoking. Alcohol is reported to have a synergic effect. Human Papilloma Virus (HPV) is also a cause of oral cancer. Continuous irritations of oral tissue from ill-fitting restoration or dentures are also thought to be a cause of oral cancer. Therefore, if there is any discomfort with previous dental treatments, patients will need to visit a dentist and eliminate all chronic irritations. Poor oral hygiene such as untreated chronic periodontitis is another predisposing factor for oral cancer.

Early symptoms of oral cancer are oral lesions of gingiva, tongue and buccal cheek that do not heal after two weeks. Spontaneous healing of oral wounds usually takes place within two weeks, as oral tissues have a high regenerative capacity. Most patients describe their initial symptom as the feeling of being pricked by a toothpick. Aphtous stomatitis or herpetic infection, which occurs on oral mucosa, are usually taken care of by a simple treatment. Patients with recurrent stomatitis should receive medical treatment. Repetitive application of topical ointments should be avoided, as they could mask oral cancer at an early stage. Also, since oral tissues are very soft, solid

mass on gingiva, tongue, or buccal cheek with tenderness to palpation could also be a sign of oral cancer. Although severe mobility of teeth is generally noted in localized chronic periodontitis, it could also be a sign of oral cancer, especially when it occurs out of the blue. When there is a delayed healing process after tooth extraction, biopsy should be performed in order to rule out oral cancer.

Treatment of oral cancer includes surgery, radiotherapy, anti-cancer chemotherapy, or a combination of these. Surgery is the treatment of choice for gingival cancer as it can infiltrate the adjacent jawbone. However, restoration of the masticatory function would be needed after having surgical resection, including in the jawbone. Therefore, early diagnosis is important for minimizing bone loss and functional defects. Nowadays, better functional recovery is possible with reconstructive surgery using vascular anastomosis and dental implants. However, postoperative radiotherapy may decrease the success rate of the dental implant. Furthermore, financial burdens remain an issue, as dental implants are not covered by health insurance.

Oral cancer could be prevented by quitting smoking, quitting alcohol, managing chronic irritations of oral tissue from ill-fitting restoration, and regularly checking for periodontitis. Oral leukoplakia is a precancerous lesion that has a greater than normal risk of transformation into oral cancer. It is a white plaque that does not disappear after rubbing with gauze. Five to 15 percent of oral leukoplakia transforms into oral cancer. Patients with oral leukoplakia should visit a specialist in order to prevent the transformation into oral cancer or detect the oral cancer at an early stage. Many studies are being carried out on the occurrence of oral cancer through immunohistochemical and genetic research.

For further dentistry information or reservations, please call Ms.Aeri Jo, the English coordinator at Yonsei University Dental Hospital.

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CEO OF STARBUCKS KOREA

GLOBAL MONTH OF SERVICE

STARBUCKS TEAMS UP WITH COMMUNITIES TO MAKE THE WORLD A BETTER PLACE

In April, Starbucks launched the Global Month of Service (GMS) campaign to support local communities in association with 76 NGOs. The first GMS campaign was launched in 2011 around the world.

The campaign included activities such as environment purification, forest preservation, talent donation and street cleaning initiatives with the NGOs and provided free coupons to enjoy beverages at Starbucks during the month to participating customers.

On April 4 — Green Barista, a group consisting of Starbucks' hearing-impaired baristas — kicked off the campaign by cleaning Jeongdong Street.

The following day, a team of new Starbucks baristas helped out at the Senior Welfare Center in Yongin City. They potted

flowers, did other beautification work, helped out at welfare centers for the elderly, prepared snacks and distributed food.

On April 17, Starbucks entered into The Seoul Forest Caring MOU Agreement with the NGO Seoul Green Trust to help preserve Seoul Forest. Two hundred and fifty Starbucks staff participated in activities at the forest including fertilizer cycling, pocket gardening, wildflower planting, recycling coffee grounds and repainting benches.

On April 22, 1,000 tumblers and 3,000 flowerpots were given to participants to revive the spirit of Earth Day.

"Making the environment greener is our commitment to the society and we aim to bring positive change by working side by side with local communities," said the CEO of Starbucks Korea.



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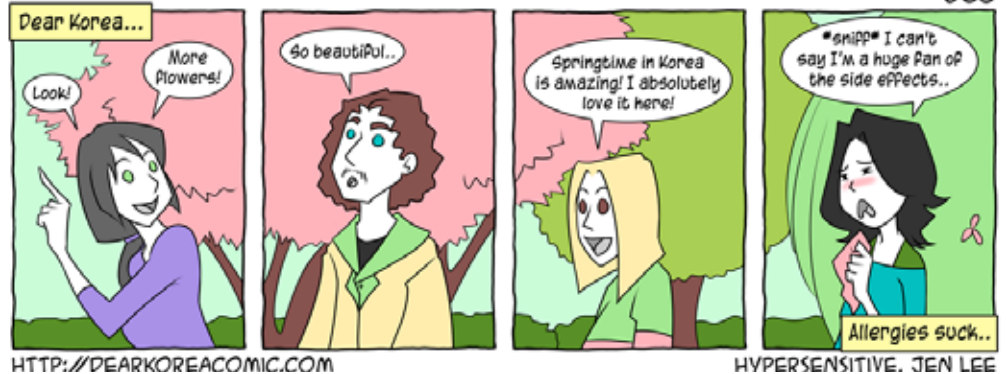
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Comics

May 2013

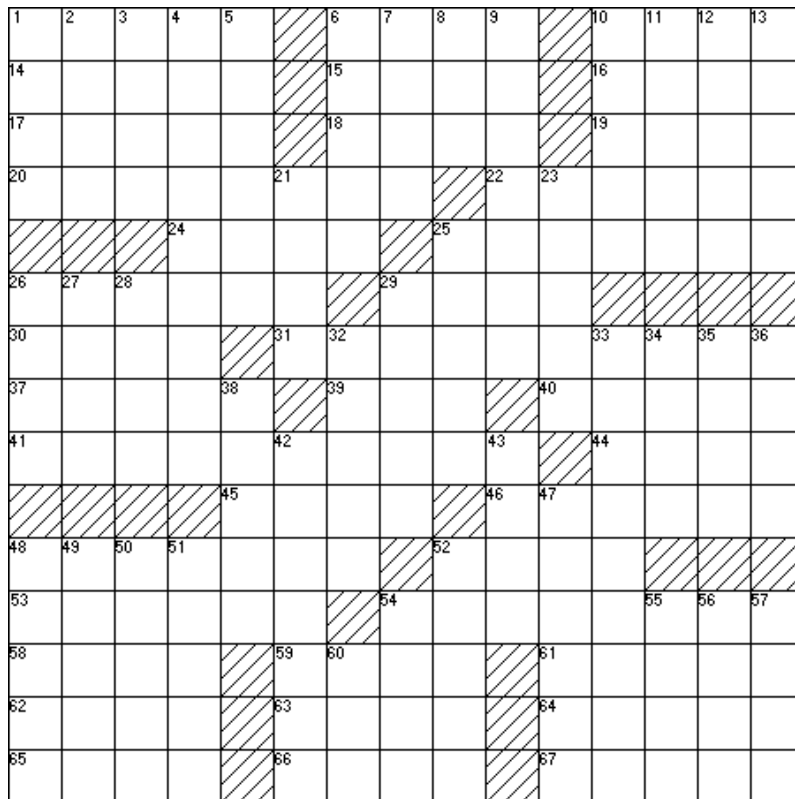


DEAR KOREA



Games

Crosswords - Sudoku



Across

- | | | |
|---------------------------------|--|------------------------|
| 1. Stout poles | 26. Slang for "Cancelled" | 53. Dry gulch |
| 6. Actress ____ Gilbert | 29. Exhort | 54. Pennant post |
| 10. Word for a definite concept | 30. Curved support structure | 58. Utterly defeat |
| 14. Poet T.S. ____ | 31. Aging | 59. ____ contendre |
| 15. Think or suppose (archaic) | 37. Numbers having no imaginary part (Math.) | 61. Porter or bearer |
| 16. Mineral bearing rocks | 39. Peacock network | 62. Actress ____ Samms |
| 17. Homer's wife, ____ Simpson | 40. Extol | 63. Small fly |
| 18. "So be it" | 41. Chaldean | 64. States (French) |
| 19. Tooth of a fork | 44. Not false | 65. Weakens |
| 20. Companies who insure | 45. You would (contraction) | 66. Collections |
| 22. Used to promote vomiting | 46. Scolds | |
| 24. Hotels | 48. Rod-shaped bacteria | |
| 25. Beasts | 52. A couple | |

Down

- | | | |
|-------------------------------|----------------------------------|-----------------------|
| 1. Half | 26. Clothes | 51. Small amounts |
| 2. Design | 27. Region or territory | 52. Gravesites |
| 3. Appearances | 28. Crusted sore | 54. Smooth and level |
| 4. Mischievously | 29. Rescind an offer | 55. Arabian sultanate |
| 5. Writer Laurence ____ | 32. Boredom | 56. Tardy |
| 6. Suns | 33. Pull up by the roots | 57. Consequence |
| 7. Weapons | 34. Aromatic ointment | 60. Not two |
| 8. Fish eggs | 35. Piece of evidence | |
| 9. Canvas coverings | 36. French for "Summers" | |
| 10. Native art pole | 38. Foolish | |
| 11. Writer ____ Jong | 42. Dark Chinese teas | |
| 12. Pertaining to the kidneys | 43. Intercollegiate sports group | |
| 13. Milliseconds | 47. More "up" | |
| 21. Finishes | 48. Removes coverings | |
| 23. Portion | 49. Fragrance | |
| 25. Asian tropical palms | 50. To make a crunching sound | |

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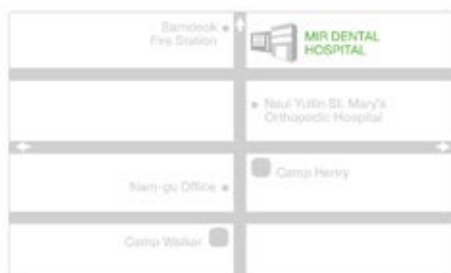
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Horoscopes

May 2013



Aries / March 20 - April 20

A "Catch 22" situation arises and causes you frustration early in the month. Creative thinking could turn things around, however. Don't be afraid to try the unusual. A Libra friend shows you the positive side. Cynicism slows you down. Financial problems may arise later in the month.



Taurus / April 21 - May 21

Absence makes the heart grow fonder, especially if you're involved with Scorpio. A decision you made several months ago has an effect on you this month. A problem that arises will be a blessing in disguise. Expect delays. Leo causes you frustration this month.



Gemini / May 22 - June 21

A Taurus from your past resurfaces. You'll find the bull a little deeper than you remember. A mid-month break from your busy schedule brightens your mood. Don't be afraid to give in to relaxation. It's really not so bad! Scorpio plays a role. Decisive action is key this month.



Cancer / June 22 - July 22

A great month! Something you worked hard for and wanted for some time is finally yours. Don't be afraid to celebrate in a big way. More free time is on the way, so don't be afraid to take advantage. An especially romantic weekend is in store. Taurus plays a role. Finances look good.



Leo / July 23 - August 23

Keep a tight hold on valuables or something you love could be lost. This is especially true if you're traveling this month. Try to make the best of a bad situation. Negative thinking makes matters worse. Staying focused helps you keep pace with a busy workload.



Virgo / August 24 - September 23

Speaking up is the only way to make others aware of your frustrations. Keeping it all bottled in won't help one bit. A flirtation at work could be a recipe for disaster, so know what you're getting into before flashing that smile. Leo is involved. Now is a good time to get in touch with old friends.

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Libra / September 24 - October 23

Before searching far for something you need, take a look right in front of you. It may not seem so obvious at first, but it will be crystal clear in time. A show of independence will work wonders in a romance – especially with Scorpio. An unusual source tells you of an investment opportunity. Good news comes in threes.



Scorpio / October 24 - November 22

Time spent alone gives you the opportunity to think through problems. You'll be able to come to terms with a situation that has been troubling you for some time. If you're in a management position, you may find that it's lonely at the top. Change is imminent in a romance.



Sagittarius / November 23 - December 21

A career opportunity could come your way when you least expect it. Before discounting it at face value, take a deeper look. There may be more than meets the eye. If a major purchase is in the works, be sure to shop around. Don't write out any check unless you're getting a good deal.



Capricorn / December 22 - January 19

Look back to the past to help fix a problem today. You'll find that time has a way of repeating itself. Scorpio offers some words of wisdom. New romance should be avoided this month – especially if a Virgo is in the picture. An introspective mood leads you to answers.



Aquarius / January 20 - February 18

A friend's offer of help may not be totally selfless. There could be some motives you're not totally aware of. If you're looking for a new job, this could be a lucky time. Be sure to explore all options. Social invitations are more abundant now. Don't be afraid to have some fun.



Pisces / February 19 - March 19

Finances will become an issue – especially if you have moved or taken on additional expenses recently. Careful budgeting will get you through. A "to-do" list helps keep you organized at work. Social activities may have to take a backseat to family obligations this month.

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26



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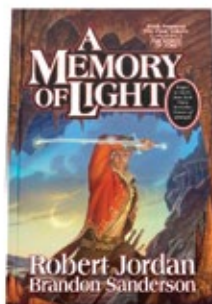
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2013

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Classification	January(the 29th)	April(the 30th)	July(the 31st)	October(the 32nd)	Notes
Registration	Dec. 13~26, 2012	Feb. 12~25, 2013	June 12~25, 2013	Aug. 7~ 20, 2013	09:00~18:00
Testing Date	January 20, 2013	April 21, 2013	July 21, 2013	October 20, 2013	Sunday
Results	February 4, 2013	May 30, 2013	August 2, 2013	December 3, 2013	15:00

※ Internet registration only(<http://www.topik.go.kr>). All candidates will be notified of their scores through TOPIK website.

Testing Location : 18 Domestic Regions

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Seoul	Institute of International Education, Kyung Hee University	02-961-0081
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	Language Institute, Konkuk University	02-450-3074
	Center for Korean Language Education, Dongguk University	02-2260-3471~2
	Sungkyun Language Institute, Sungkyunkwan University	02-760-1221
Gyeonggi	International Language Education Center, KangNam University	031-284-8515
	Ajou Language Institute, Ajou University	031-219-1675, 1677
Incheon	Language Training Center, Inha University	032-860-8273
Busan	International Language Institute, Pusan National University	051-510-3305
	Office of International Affairs, Pukyong National University	051-629-6843
Gwangju	Language Education Center, Chonnam National University	062-530-3630, 3649
Daejeon	Office of International Affairs, Chungnam National University	042-821-8804
Daegu	Korean Language Education Center, Daegu University	053-850-5692
Gangwon	The Institute of Global Education, Hallym University	033-248-2997
Chungbuk	Center for International Affairs, Chungbuk National University	043-261-2945
Jeonbuk	Korean Language Education Center, Chonbuk National University	063-270-2454
Gyeongnam	Office of External Affairs, Kyungnam University	055-249-2221
Jeju	Cheju Halla University Language Education Center	064-741-7421

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Timetable

Difficulty	First class	Second class	Notes
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Beginner	09:30~11:00(90min.)	11:30~13:00(90min.)	am
Intermediate	14:30~16:00(90min.)	16:30~18:00(90min.)	pm
Advanced	09:30~11:00(90min.)	11:30~13:00(90min.)	am

※ Candidates must take the test at the venue they indicated on the application form.

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- Dedicated Foreign Call Center
- Fast & affordable overseas remittance
- International Check(debit) cards
- Credit cards with great benefits
- Personal consultations
- And more!

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- Foreign Direct Investment(FDI)support
- Competitive foreign exchange rates (FX trading)
- Employee pension programs
- Corporate loans
- Cash Management Services
- Corporate credit card
- 24-hour online banking
- And more!

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